

Briefs . . .

Changes of responsibility

187th Medical Battalion

Command Sgt. Maj. Stephen Paskos will relinquish responsibilities of the 187th Medical Battalion to 1st Sgt. Dwight Wafford, interim command sergeant major, during a change of responsibility ceremony Friday at 8 a.m. at MacArthur Parade Field.

NCO Academy

Command Sgt. Maj. Howard Riles will relinquish responsibilities of the Non Commissioned Officer Academy to Command Sgt. Major Stephen Paskos at a change of responsibility ceremony Aug. 27 at 7 a.m. at MacArthur Parade Field. Paskos is currently the 187th Medical Battalion command sergeant major.

AMEDDC&S

Command Sgt. Maj. Timothy Burke will relinquish responsibilities of the Army Medical Department Center and School to Command Sgt. Maj. Howard Riles at a change of responsibility and retirement ceremony Aug. 29 at 8 a.m. at MacArthur Parade Field. Riles is currently the commandant for the Noncommissioned Officer Academy.

Special Forces briefings

Special Forces briefings will be held Friday from 11:45 a.m. to 1 p.m. in Army Community Service, Building 2797, training room 2. Permanent party male Soldiers from E-4 to E-6 and first lieutenants in year group '05 are encouraged to attend. For more information, call Sgt. 1st Class Steve Stewart at 877-804-6601 or Sgt. 1st Class John Murphy at 877-845-9764.

Combatives Tournament

The 264th Medical Battalion and Morale, Welfare and Recreation will sponsor a 264th Combatives Tournament Saturday from 9 a.m. to 1 p.m. at the Jimmy Brought Fitness Center. The event is open and free to the public. For more information, call Staff Sgt. Jeff Deickman at 221-7323 or e-mail jeff.deickman@amedd.army.mil.

Women's Equality Day events

• The 232nd Medical Battalion will host the 32nd Medical Brigade's Women's Equality Day event Aug. 23 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry training and advance individual training Soldiers. For more information, call Staff Sgt Angela Williams at 221-4350.

• A Women's Equality Day event will be held for the post community Aug. 24 from 10:30 to 11:30 a.m. at the Army Community Service building on Stanley Road. The guest speaker will be Col. Cheryl Ann Harris, commander, 470th Military Intelligence Brigade. For more information, call Sgt. 1st Class Ricky Evans at 221-9276 or e-mail ricky.lovon.evans@us.army.mil.

See **BRIEFS** on Page 4

Inside . . .

Running route map2
Health7 and 8
Sports12
Back to School13 to 20
MWR21
Child and Youth Services	..22
Community23
Fort Freebies24



Photo by Olivia Mendoza

Fashion finds for school

Seventh grader Lillian Schultz shops for school clothes with her grandmother Friday at the Fort Sam Houston Army and Air Force Exchange Service. Fort Sam Houston Independent School District will start classes Aug. 27. **See back-to-school information, Pages 13 to 20.**

Female combat medics fight every day, earn respect

By **Spc. Mike Alberts**
[3rd Brigade Combat Team Public Affairs](#)

KIRKUK, Iraq – Temperatures exceeded 115 degrees July 11 during the five-hour mission in the city of Amerli. More than 50 Soldiers were on site and tensions were high; Amerli was the scene of a massive suicide truck bombing just four days earlier.

Soldiers kept alert, but visibly struggled under the weight of dozens of pounds of battle gear. Throughout the sun-scorched day, all but two Soldiers limited their movement as much as possible. All but two could afford that luxury.

Spcs. Vanessa Bolognese and Aimee Collver, combat medics, Personal Security Detachment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, continuously walked up and down the lines of men. “Drink water,” they repeated. “Are you feeling OK?” they asked. They were the two Soldiers charged with ensuring that each man stayed hydrated and returned safely to base. As usual, they were the mission’s only dedicated medical personnel.

See **FEMALE COMBAT MEDICS** on Page 5



Photo by **Spc. Juan Jimenez**

Army combat medics, Spc. Aimee Collver (front) and Spc. Vanessa Bolognese, both with the 25th Infantry Division' 3rd Infantry Brigade Combat Team, Personal Security Detachment, help pull security during a mission in Amerli, Iraq, July 11.

TSGLI provides help for traumatically injured Soldiers

By **Minnie Jones**
[Public Information Office Fort Sam Houston](#)

In 2005, the Department of Defense implemented traumatic injury protection insurance under the Servicemembers' Group Life Insurance. The program, known as TSGLI is a traumatic injury protection rider under the SGLI and is designed to provide financial assistance to any member of the uniformed services covered by SGLI who sustains a traumatic injury that result in certain severe losses.

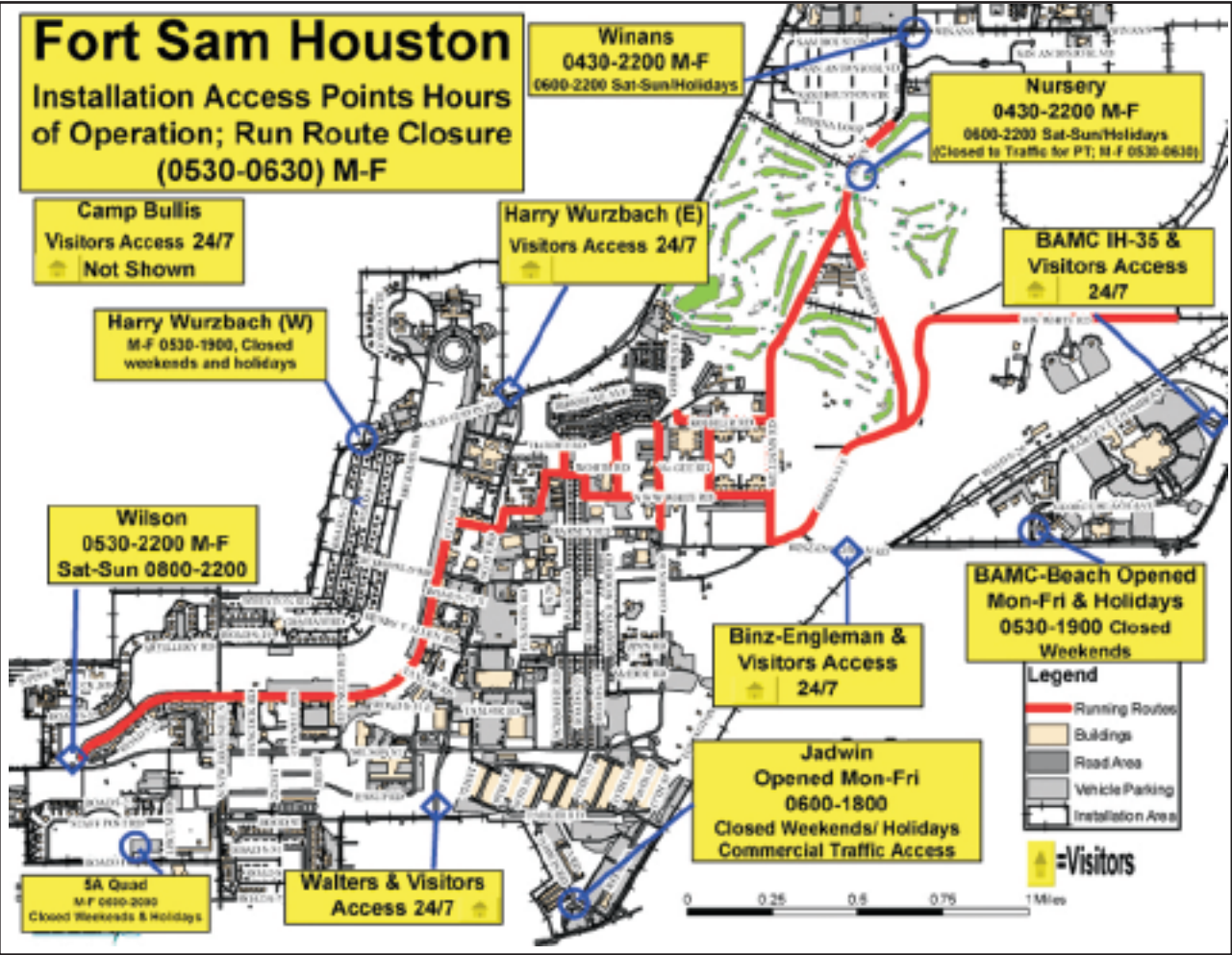
To date the insurance program has provided about \$136 million in assistance to traumatically injured Soldiers, but despite those figures, the program still faces challenges with educating service members about the program.

Beginning late this summer and through fall the Army will be implementing the “Boots on the ground” program that will place TSGLI counselors in major Military Treatment Facilities throughout the Army to provide a full stance of claims assistance, medical staff

and caseworker education. These counselors will be working through Warrior Transition Units and Soldier Family Assistance Centers.

Every member who has SGLI also has TSGLI. This coverage applies to active duty members, reservists, National Guard members, funeral honors duty and one-day muster duty regardless of where the injury occurs, on or off the job.

See **TSGLI** on Page 6



Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

Sept. 10 from 9 to 10 a.m.

Oct. 17 from 1 to 2 p.m.

Nov. 15 from 9 to 10 a.m.

Dec. 3 from 9 to 10 a.m.

Dec. 14 from 1 to 2 p.m.

Soldiers and civilian employees whose official duties include a procurement function (this includes Government Purchase Card holders and approving officials) must also attend a second hour of acquisition ethics training. This second hour will be taught immediately following the first hour of ethics training in Blesse Auditorium on the following days:

Dec. 14 from 2 to 3 p.m.

For more information, call Gerald Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.

Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial



content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil or turned in on a disc accompanied by hard copy, by noon Monday. Visit the News Leader on the Web at <http://www.samhouston.army.mil/pao/default.html>

**Army Medical Department
Center and School and
Fort Sam Houston Commander**
Maj. Gen. Russell Czerw
Garrison Commander
Col. Wendy Martinson
Public Affairs Officer
Phillip Reidinger
Editor/Writer
Elaine Wilson
Staff Writer
Cheryl Harrison
Layout Artist
Lori Newman

Texas Soldier honored by Sen. Hutchison

By Jen Rodriguez
Brooke Army Medical Center Public Affairs

Pfc. Sonny Weldon’s Purple Heart ceremony is one that he will most likely never forget.

Weldon, a Tomball, Texas native, was awarded the oldest American military decoration for combat by U.S. Sen. Kay Bailey Hutchison, Aug. 7, in the main lobby of the Center for the Intrepid near Brooke Army Medical Center. A quaint crowd of CFI and BAMC staff, and fellow Soldiers attended the ceremony.

“It’s an honor for me to present the Purple Heart to Pfc. Sonny Weldon for his bravery in defense of America and for the cause of freedom,” said Hutchison, who is a member of the Senate Republican Leadership as Chairman of the Republican Policy Committee, and the ranking member of the Senate Military Construction and Veterans Affairs Appropriations Subcommittee.

Hutchison said Pfc. Weldon represents the best of his generation. “We can all take inspiration from the dedication and service of Soldiers like Pfc. Weldon,” she said.

Weldon received the Purple Heart for injuries sustained in combat May 14, while his unit engaged in small arms fire with the enemy on patrol in Baghdad. His Humvee performed evasive maneuvers which detonated a buried 82mm mortar round, leaving Weldon unconscious and not breathing when he was found at the scene. His combat medic saved his life, though the private suffered the herniation of his cervical vertebrae.

Despite Weldon’s wounds, Hutchison said for him not to underestimate his importance. We are the bastion of freedom for the world,” she said. “Without you, America would not be the greatest country.”

Brig. Gen. James Gilman, commander for Great Plains Regional Medical Command and Brooke Army Medical Center, presided over the ceremony.



Senator Kay Bailey Hutchison congratulates Pfc. Sonny Weldon for being an American hero, Aug. 7, during a Purple Heart ceremony held at the Center for the Intrepid near Brooke Army Medical Center.

Photo by Norma Guerra

Crime watch

Provost Marshal highlights safety, security

Maj. Christopher Hayes
Installation Provost Marshal

The Installation Provost Marshal Office will be re-energizing several programs to inform the Fort Sam Houston community on events of law enforcement and fire safety and prevention on post.

A local news channel stated that 2007 is at an all time high for traffic fatalities in San Antonio. Sadly, many of those were due to excessive speed, coupled with inattentive drivers and drinking and driving.

The speed limit on post is 30 miles per hour, except where otherwise posted. Some busier streets are posted at 20 or 25 mph, due to the amount of pedestrians who travel them.

Several accidents this year involved vehicles and pedestrians, and fortunately most of the pedestrians only suffered minor injuries. As a warning, police will be patrolling the entire installation, on the lookout for drivers who are speeding, talking on cell phones or driving without seatbelts.

Over the past few weeks, four reports of shoplifting were received. Individuals were apprehended for stealing sunglasses, jewelry, clothing, cologne and DVDs. Items recovered totaled about \$700. With that were 10 reported larcenies,

most occurring in the barracks. Remember to secure property.

Vehicles sustaining damages in parking lots is a problem area, with a vehicle reporting damages received while parked across from the Army Medical Department Center and School.

The trouble areas for minor traffic accidents continue to be at the post exchange, commissary and Brooke Army Medical Center. Remain vigilant at all times, especially in parking lots.

Police apprehended three people for driving while intoxicated and several individuals for possession marijuana.

Also, several buildings on post were left unsecured. When leaving the office for the night, be sure all windows and doors are closed and locked. All building managers must submit a memorandum to Military Police with current names and phone numbers of personnel to contact after duty hours, in the event a building is found unsecured. For more information, call the Physical Security Division at 221-1860.

For more information concerning Department of Emergency Services operations, call Chief of Police, Ray Acuna, at 221-1490; Physical Security

Chief, Alberto Jorge, at 221-0110; Fire Chief, Curtis Williams, at 221-2727; or the Provost Marshall, Christopher Hayes, at 221-1404.

Juvenile Curfew Hours

- 17 years of age and younger:**
Sunday through Thursday - 10:30 p.m. to 6 a.m.
Friday and Saturday - 12 to 6 a.m.
- Exceptions:**
- The juvenile is accompanied by a parent or guardian.
 - The juvenile is accompanied by another adult approved by the parents/guardian.
 - The juvenile is on an emergency errand.
 - The juvenile is attending a school, government-sponsored, religious or otherwise authorized activity or activity without detour or stop.
 - The juvenile is engaged in lawful employment or volunteer work or is going to, or coming from such activity without detour or stop.
 - The juvenile is on a sidewalk or in the yard of the place where he/she resides and the neighbors are not communicating an objection to law enforcement.

Changes in leadership



Photos by Esther Garcia

Maj. Gen. James Sholar, Commanding General, 90th Regional Readiness Command, presents the Meritorious Service Medal to Col. Jimmie Jay Wells at the 208th Regional Support Group change of command ceremony Aug. 11 at the Gen. Richard G. Stilwell, U.S. Army Reserve Center, as his wife, Rosemary, stands by his side. Col. Pete Bosse, who has been serving as the State Emergency Preparedness Liaison Officer for Michigan, is the new commander for the 208th RSG. Wells, who is promotable to Brigadier General, assumed command of the 1st Brigade, 75th Division Aug. 12.



Capt. Francis Sullivan passes the 418th Medical Logistics Company guidon back to 1st Sgt. Gwendolyn Mason following his acceptance of the responsibilities of the company from Lt. Col. William Drennon, battalion commander, during the change of command ceremony held Aug. 2 at the post flagpole. Outgoing commander is Capt. Cassandra Mims. The 418th MEDLOG deployed in support of Operation Iraqi and Enduring freedom in 2005 and 2007 supporting more than 500 customers.

United States Marine Lt. Col. Mark Hashimoto accepts responsibilities for the 4th Reconnaissance Battalion from outgoing commander Lt. Col. Walter Estep at the change of command ceremony Aug. 11 at the post Quadrangle as Command Sgt. Major Hector Cerda, far right, salutes. 4th Reconnaissance Battalion has had numerous deployments in support of Operation Iraqi and Enduring Freedom.



Briefs

Continued from Page 1

Museum closure

The Fort Sam Houston Museum will be closed to visitors through Friday, and will reopen Saturday. During that time, for assistance, people can call the Army Medical Department Regimental Office at 221-8455.

Camp Bullis User’s Conference

Camp Bullis will host a User’s Conference Aug. 23 from 8 a.m. to 4 p.m. starting at the Camp Bullis Theater, Building 5900. Registration begins at 7:30 a.m. Senior staff and NCOs are highly encouraged to attend if they have arrived in the past year and conduct training at Camp Bullis. There will be a slide overview in the morning and a forum and tour in the afternoon. For reservations, call 295-7686 or e-mail patricia.jennings@us.army.mil, or call 295-7592 or e-mail ronald.lane@us.army.mil, or e-mail mabel.rodriguez@us.army.mil.

Department of Transportation meeting

The Texas Department of Transportation invites the community to a public meeting Aug. 23 at the Windcrest Civic Center, 9310 Jim Seal Drive, Windcrest, Texas. The meeting will include information on upcoming improvements to the roadway along Interstate Highway 35 from Rittiman Road to FM 78. An open house will convene at 6:30 p.m. followed by a presentation from 7 to 7:30 p.m. Following the presentation, staff will be available to answer questions. Project layouts and other project information will be on display.

MOAA luncheon

The Military Officers Association of America-Alamo Chapter will feature retired Col. John Olson, the only living officer to survive the Bataan Death March and a Japanese prisoner of war for three years, during a luncheon Aug. 23 at the Sam Houston Club. Olson will discuss the Philippine Scouts of World War II. The social hour will begin at 11 a.m.; the luncheon and program will begin at 11:45 a.m. The cost is \$16 per person. For reservations, call 228-9955 or e-mail moaa-ac@sbcglobal.net by Monday.

Green to Gold briefings

The Fort Sam Houston Education Center will host Green to Gold briefings for Soldiers interested in the Green to Gold ROTC program Aug. 23 and Sept. 20 at 11 a.m. and 1 p.m. in Building 2247, at the corner of Stanley and New Braunfels Avenue. Learn about the Active Duty Option, the Full Scholarship Option and the Two Year Non-scholarship Option. Army ROTC school cadre and 12th ROTC Brigade Recruiting Office personnel will be available to answer questions. For more information, call 295-2005.

Retirement, retreat ceremony

Col. David Maness will relinquish the duties of dean, Academy of Health Sciences, Army Medical Department Center and School, to Col. W. John Luciano at a retirement and retreat ceremony Aug. 28 at 4:45 p.m. at the post flagpole on Stanley Road. Luciano is currently serving with the Corps Specific Branch Proponent Office, Dental Corps, AMEDDC&S.

Resume Writing Workshops

The next Hiring Heroes Career Fair is scheduled for Sept. 18 at the Sam Houston Club. In preparation for the fair, resume writing workshops will be offered to wounded warriors Aug. 23 and Sept. 13 from 1 to 3:30 p.m. in the Brooke Army Medical Center (IMD Classroom), and Aug. 30 from 1 to 3:30 p.m. at the Army Career Alumni Program, Building 2263, Room B100. The workshops are conducted by the Federal Employment Workshop. Class size is limited and registration is required to ensure a seat; all others will be on a space-available basis. For more information or to register, call Kim Goffar at 916-6284.

104th Division, 70th Army Band meet at FSH for reserve duty

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

Two is better than one, and in this case, it worked for members of the 70th Army Band from Seattle, Wash. and the 104th Division Army Band from Vancouver, Wash. The Army reserve bands arrived at Fort Sam Houston for their annual two-week reserve duties from July 30 through Aug. 12.

Both bands had two very busy weeks. They began by supporting various changes of command to include the 208th Regional Support Group change of command ceremony Aug. 4 at the Stilwell Army Reserve Center.

The band supported National Night Out Aug. 7 with a brass quintet performing at one of several neighborhoods celebrating National Night Out in San Antonio.



Chief Warrant Officer Albert Pefley, commander, 70th Army Band, Seattle, Wash. conducts members of the 104th Division and 70th Army Band at the Alamo complex Aug. 8.

On Aug. 8 both bands performed a full concert inside the Alamo complex. Visitors arriving at the Alamo were treated to a special concert performance that included various military marches. The concert also featured performances by the rock combo performing such songs as “Browned Eyed Girl” and “Hit the Road Jack,” and musical selections by the woodwind and brass quintet.

The woodwind quintet provided background music Aug. 9 while Wounded Warriors and their Families enjoyed a dinner at the Warrior and Family Support Center.

The evening of Aug. 9, both bands performed a concert for the residents of the Towers featuring the rock combo, jazz combo, brass and woodwind quintet. Chief Warrant Officer Five Keith Blau, commander, 104th Division Army Band, said, “I have heard so much about the Towers, and I am honored to perform for you.”

The 104th Division Army Band was

established in 1921 and is located in Vancouver, Wash. The 39 member band has performed at the Rose Festival in Portland, Oregon and at the Fourth of July Parade in Huntington, Cal. as well as supporting ceremonies for military units in the Oregon and Washington state area.

The 70th Division Band was deactivated in October 2002 and reactivated in Seattle, Washington at historic Fort Lawton as the 70th Army Band supporting the 70th Regional Readiness Command. The 70th Army Band consists of 20 instrumentalists.

As with the 104th Division Band, most members double on other instruments and perform administrative, supply, and library tasks outside of their normal music duties.

Blau, who reached his mandatory retirement in October of this year, said “It was a very rewarding experience and a great opportunity to do some training. And I am grateful for the opportunity to perform at the Alamo.”



The 104th Division Band and the 70th Army Band supported changes of command ceremonies such as the 208th Regional Support Group Change of Command Aug. 4 as part of their two-week reserve duty.



The woodwind quintet stopped by the Warrior and Family Support Center to perform for the Wounded Warriors and their Families at the Powless Guest House Aug. 9.



(Above) Chief Warrant Officer Keith Blau, commander, 104th Division Band, entertains the residents at the Towers Aug. 9.



(Left) Members of the 104th Division Band and the 70th Army Rock Band entertain Alamo visitors Aug. 8 with their energetic performance with songs such as “Brown Eyed Girl” and “Hit the Road Jack.”

Female combat medics

Continued from Page 1

Bolognese and Collver kept all their male counterparts healthy “outside the wire” that day in Amerli just as they do every day in the Kirkuk Province, Iraq. Neither is doing exactly what she thought she’d be doing in the Army, but neither would trade her job for another.

“Before I enlisted, I was going to school to become a registered nurse,” said Bolognese. “I wanted a medical job and my military occupational specialty is called Health Care Specialist,” said the 21 year-old from Chino Hills, Calif. “In fact, the first time I heard the term ‘Combat Medic’ was during advanced individual training at Fort Sam Houston. They pretty much told us there, ‘You will be deploying. You will be working in Iraq.’”

Bolognese’s colleague and roommate had similar motivations. “I’d been working in a nursing home after high school,” said Collver. “When I walked into the recruiter’s office I knew that I wanted a medical job,” explained the 23 year-old from Puyallup, Wash. “The health care specialist job was available, and I was told that I would be working in a hospital setting,” she said. “Of course, I don’t work in a hospital and nothing out here in Iraq is anything like what I thought.”

What each combat medic is doing in Iraq is working as the designated medical asset to the 3rd Infantry Brigade Combat Team’s, Personal Security Detachment. The PSD’s primary mission is to transport certain members of the brigade’s command group around 3IBCT’s area of operation. The PSD also provides personal security for the command group to and from their various destinations and while on site, according to Staff Sgt. Jeremy Brandon, non-commissioned officer-in-charge, PSD, 3IBCT.

Brandon is a native of Jacksonville, Fla., and is serving his third combat deployment. He’s charged with supervising both Bolognese and Collver and

explained why each Soldier is vital to mission success. “We often conduct operations as an independent element,” explained Brandon. “For that reason, we need to have our own dedicated medical support. Bolognese and Collver are that support. We always have one of them with us wherever we go,” he said. And Brandon couldn’t be happier with their performance.

“Both Soldiers are everything that one could ask for in a medic,” he continued. “They have done an outstanding job staying on top of their skills. They’ve constantly taken it upon themselves to retrain and stay certified, and have done an excellent job both outside the wire and back here on the forward operating base, by taking the initiative to give us various medical classes.” Brandon’s PSD Soldiers agreed.

“We all respect them for their abilities as medics and as Soldiers,” said Sgt. Brian Tabor, squad leader, PSD, 3IBCT. Tabor is a five-year veteran serving his second combat deployment. “We haven’t had any issues because they’re female,” emphasized the Sacramento, Calif., native. “Bottom line: They’ve been a valuable asset to the PSD and it’s been a good thing having them with us.”

Even though Bolognese and Collver are not working in the comfortable confines of a hospital, each love their job and wouldn’t choose to do anything else.

“Of course, the job is mentally challenging because of the unknown anytime you leave the wire,” said Collver. “But I love being with this group because there’s so much camaraderie. I take a lot of pride in knowing that they’re well taken care of because I’m there for them,” she said.

“Their well-being depends on me when I’m with them,” echoed Bolognese. “In that sense, it’s wonderful to know that when I look back at my deployment I can say that I did go out there every day and risk my life to take care of other Soldiers,” she said. That’s a lot more than most people can say.”



Photos by Spc. Juan Jimenez
Army combat medics, Spc. Aimee Collver (right) and Spc. Vanessa Bolognese (center), both with the 25th Infantry Division, 3rd Infantry Brigade Combat Team, Personal Security Detachment, take a moment to interact with the local population and relax during a mission in Amerli, Iraq, July 11.

(Left) Spc. Vanessa Bolognese, combat medic, Personal Security Detachment (PSD), 3rd Infantry Brigade Combat Team, 25th Infantry Division, helps pull security during a mission in Amerli, Iraq, July 11. PSD combat medics are expected to perform fundamental security functions in addition to medical functions when in the field.

Army safety officials notice trend relating to Soldier deaths

By Kelly Widener
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — A trend standing out among Army safety officials is the number of Soldiers who have died in privately owned vehicles and on motorcycles is down. As of July 23, the Army has experienced a total of 90 privately owned vehicle accident fatalities compared to a total of 99 such deaths in fiscal 2006, and Army officials are attributing the success to the Army’s engaged leadership. “The good news is that we have leaders who are actively involved and pushing programs and information to the lowest functional experts,” said Brig. Gen. William Forrester, U.S. Army Combat Readiness Center commander and Director of Army Safety. “Leaders down to

the lowest level are seeking ways to improve safety and awareness throughout our Army; therefore, the value of our Soldiers is transcending the organization because of a Band-of-Brothers concept of belonging to something bigger than yourself.” The most prominent example of leadership engagement and Band-of-Brothers concept is the Army’s Motorcycle Mentorship Program – voluntary installation-level motorcycle clubs where less experienced riders and seasoned riders pair to create a supportive environment of responsible motorcycle riding. There are currently 57 unit-/installation-level programs supporting more than 1,600 members. “The key is engaged leadership,” said U.S. Army Combat Readiness Center Command Sgt. Maj. Tod Glidewell. “It doesn’t matter if you’re riding a motorcycle

or going fishing, if you have engaged leaders who care about their Soldiers and take the time to communicate with them on a daily basis, that’s going to make a difference.” In many cases, E-5s and E-6s “who know about motorcycle riding are taking it to the next level,” Forrester said. They are organizing events or running many of the mentorship programs, proving that leaders at the lowest level are engaged and making a difference. “We know this program is having an impact by simply looking at the numbers,” Forrester said. “We have about 11 total fatalities less than this time last year ... that’s a 28 percent reduction in motorcycle fatalities.” During fiscal 2006, the Army experienced a 33 percent increase in motorcycle fatalities with a total of 49 deaths.

See **ARMY SAFETY** on Page 8

TSGLI

Continued from Page 1

The only exception to this coverage is under the retroactive program. This benefit provides retroactive coverage under provision PL 109-13 for members who sustain severe losses due to a traumatic injury between October 7, 2001 and December 1, 2005 if the loss was the direct result of injuries incurred in Operations Enduring Freedom or Iraqi Freedom. The coverage is automatic for those insured under basic SGLI and the premium for TSGLI is a flat rate of \$1 per month for most service members. Members who carry the maximum SGLI coverage of \$400,000 will pay \$29 per month for both SGLI and TSGLI. The only way to decline TSGLI is to decline basic SGLI coverage. TSGLI is not available to spouses and children under Family SGLI. Not all injuries or conditions are covered under TSGLI. The definition of a

qualifying traumatic injury is an injury or loss caused by application of external force or violence (a traumatic event) or a condition whose cause can be directly linked to a traumatic event. TSGLI provides an insurance benefit for one or more of 44 scheduled physical losses due to external force or violence. For more information on these exclusions and for a complete list of all traumatic losses and the TSGLI schedule of payments, visit www.insurance.va.gov/sgliSite/TSGLI/TSGLIFAQ.htm. To be eligible for payment of TSGLI, you must meet all of the following requirements:

- Servicemember must be insured by SGLI.
- Servicemember must incur a scheduled loss and that loss must be a direct result of a traumatic injury.
- Servicemember must have suffered the traumatic injury prior to midnight of the day that you separate from the uniformed

services.

- Servicemember must suffer a scheduled loss within 2 years (730 days) of the traumatic injury.
- Servicemember must survive for a period of not less than seven full days from the date of the traumatic injury. (The 7-day period begins on the date and time of the traumatic injury, as measured by Zulu [Greenwich Meridian] time and ends 168 full hours later).

TSGLI provides one-time, tax-free payments between \$25,000 and \$100,000 depending on the loss directly resulting from the traumatic injury. Coverage continues for 120 days from date of separation, or up to one year if totally disabled at the time of separation from service.

TSGLI vs. Disability Compensation

Do not confuse TSGLI with disability compensation. TSGLI is not meant to serve as an ongoing income replacement, like some other types of insurance. Its purpose is to help the Soldier through the

tough times that occur as the result of a traumatic injury, while disability compensation is intended to provide ongoing financial support to make up for the loss of income-earning potential due to service-connected injuries. In addition, TSGLI has no effect on entitlement for compensation and pension benefits provided by the Department of Veterans Affairs or disability benefits provided by the DoD. It is an insurance product similar to commercial dismemberment policies. For more information, call the Army Wounded Warrior program at 1-800-237-1336 and ask for a TSGLI assistant or e-mail tsgli@hoffman.army.mil; the Office of Servicemembers’ Group Life Insurance at 1-800-419-147 or email at osgli.claims@prudential.com. (Sources: U.S. Department of Defense, Office of the Assistant Secretary of Defense, Department of Veterans Affairs and U.S. Army Human Resource Command)

Sexual Assault Prevention

CID provides tips to minimize chances of becoming a victim

FORT BELVOIR, Va. – Although Sexual Assault Prevention month has passed, the U.S. Army Criminal Investigation Command, commonly known as CID, wants to keep sexual assault prevention in the forefront by sharing ways to prevent becoming the victim of sexual assault and educating the Army community on what to do if they become a victim.

According to CID Special Agent Stephanie James, sexual assault is a crime that occurs between two or more people and there are numerous ways individuals, particularly females, can minimize the chance of becoming a victim.

According to the Rape, Abuse and Incest National Network and the Army’s Sexual Assault Prevention Program’s Web site, about two-thirds of sexual assault victims in the United States knew their assailants. “Acquaintance rape,” which includes date rape, refers to those rapes that occur between people who know one another. “Date rape” refers to situations in which one person has consented to go on a date with another person and that person then rapes him or her. Another statistic backed by numerous studies indicates that about half of all U.S. sexual assaults involve the use of alcohol by the offender, the victim or both.

According to a CID spokesman, the Army community in which Soldiers and Families live and work is safer when compared to civilian communities and national crime statistics. The majority of sexual assaults or rapes investigated within the Army community are not the type of crimes that include a stranger breaking into a victim’s house or hiding in their car, although it can and does happen, but are more likely between persons who know each other or share some familiarity.

James stressed two points that are very important in reducing the possibility of becoming the victim of an assault in

“acquaintance-type crimes.”

“Bottom line, women need to lock their doors wherever they reside; especially in a barracks,” said James. Regardless of how safe or trusting a person might feel living in their barracks or residence, they should always be mindful of security and lock their doors when they enter.”

The second point is use the buddy system. James said that women should always use the buddy system when going out – especially if they are going to drink alcohol.

“Use the buddy system and if a female needs help getting back to the barracks or residence, ask a female friend to accompany them.”

Other ways to minimize the chances of becoming a victim according to CID and the National Crime Prevention Council are:

- Be aware of surroundings — who’s out there and what’s going on.
- Being prepared means staying in groups, traveling with a buddy and knowing there is safety in numbers.
- Never leave a home key at an auto repair shop with the car key.
- Walk with confidence. The more confidence expressed, the stronger a person appears.
- Always safeguard personal information.
- Remember: “No” means “no.” Clearly tell him or her if you do not want to be intimate. Use a confident voice and body posture.
- Match body language to words - don’t laugh or smile while saying “no.”
- Do not just “go along” for the wrong reasons.
- Watch out for warning signs or “red flags” from a partner in intimate situations
- Don’t let drugs or alcohol cloud or hin-

der personal judgment.

- Be assertive — don’t let anyone violate personal space.
- Don’t prop open self-locking doors.
- Don’t lend, leave or lose keys. And don’t put a name and address on the key ring.
- Watch out for unwanted visitors. Try to find out who is on the other side of the door before opening it.
- Be wary of isolated spots, like underground parking garages, offices after business hours and apartment laundry rooms.
- Avoid walking or jogging alone, especially at night. Vary your route. Stay in well-traveled, well-lit areas.
- Have keys ready to use before reaching the door of a home, car or work.
- Drive on well-traveled streets, with doors and windows locked.
- Never hitchhike or pick up a hitchhiker.
- Keep the car in good shape with plenty of gas in the tank.
- In case of car trouble, call for help on a cellular phone. If a cell phone is not available, put the hood up, lock the doors and put a banner in the rear mirror that says, “Help. Call police.”

When reporting sexual assault, the Army has restricted and unrestricted reporting for active duty Soldiers, according to James. This gives a victim the choice for making a complaint without going directly to law enforcement officials. However, it is important whom the victim talks to regarding an incident of sexual assault.

“A restricted report provides confidentiality to the victim without making a complaint to law enforcement,” James said.

“The victim can make a restricted report to medical authorities, the Chaplain, Unit Victim Advocate and the Sexual Assault Response Coordinator. However, if the victim reports an incident to their commander, the commander is then obligated to notify CID. If the victim tells their best friend and the friend notifies law enforcement, an investigation will be initiated.”

If a victim wants to report a sexual assault to law enforcement it should be done as soon as possible after the assault. Victims can notify Military Police, civilian police, chain of command or CID directly. The victim should remember to preserve as much evidence as possible.

“It is very important for us to obtain as much information and evidence as possible and as soon as possible, said James. “The victim should not shower, or brush their teeth or touch or disturb anything at the crime scene,” James said. “If possible, it’s important a victim writes down every detail they can remember right away.”

“If the victim has sustained an injury, they should seek immediate medical attention and let the medical personnel contact the appropriate law enforcement agency,” said James. “We want to do everything possible to ensure justice is brought to anyone who has committed a sexual assault and more importantly help prevent it from happening in the first place.”

For more information on policy, prevention and training, visit the CID Web site at www.cid.army.mil and click on the Victim’s Assistance link.

(Source: CID Public Affairs Office)

Antibiotics not always the answer

By Carlla Jones
Special to the News Leader

Antibiotics are not the answer for every illness. Many times people want to start using an antibiotic right away when they catch a cold. However, antibiotics do not help fight viruses that cause colds, flu, bronchitis and most sore throats. In fact, taking antibiotics when they are not needed may do more harm than good.

Most infections are caused by two types of germs: bacteria and viruses. Bacteria are organisms that are found almost everywhere in the human body, except normally sterile places like the blood stream and in spinal fluid. Viruses, on the other hand, are organisms that cause disease by invading healthy host cells in the body. When the virus particles multiply, the host cells burst. This allows the viruses to infect other cells.

The problem with using antibiotics for treatment of the common colds or flu is that antibiotics kill bacteria, but not viruses. So, antibiotics will not work against upper respiratory viral illnesses such as colds, flu, runny noses or most coughs. Taking antibiotics for these kinds of viral

infections will not:

- Cure the infection.
- Keep other people from catching the infection.
- Help someone feel better.

In fact, taking antibiotics for viral infections will increase the risk of antibiotic resistance later.

Every time someone takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and improper uses of antibiotics are the primary causes of an increase in drug-resistant bacteria. Nearly all of the significant bacterial infections in the world are becoming resistant to the most commonly prescribed antibiotic treatments. The problem with this resistance is that when antibiotics do not work, the consequences can include longer-lasting illnesses, more doctor visits, extended hospital stays and the need for more expensive medications. Some resistant infections can even cause death.

To prevent antibiotic resistance:

- Do not take an antibiotic for a viral infection like a cold or the flu.
- Take necessary antibiotics exactly as the doctor directs.

Do not skip any doses.

- Do not take someone else’s prescription.
- Talk to a healthcare provider about antibiotic resistance. Ask whether an antibiotic will be effective in treating a particular illness.
- Do not demand antibiotics for children if the healthcare provider has determined they are not needed.

Be smart when using antibiotics. Remember that colds and flu are caused by viral infections that cannot be treated by antibiotics. Children and adults with viral infections will recover when the illness has run its course. The spread of viral infections can be reduced through frequent hand-washing and by avoiding close contact with others. Since viral infections can sometimes lead to bacterial infections, healthcare providers need to know if an illness gets worse or lasts a long time.

For more information, visit the Center for Disease Control Web site at <http://www.cdc.gov/drugresistance/community/know-and-do.htm>.

(Source: U.S. Army Center for Health Promotion and Preventive Medicine)

Army safety

Continued from Page 6

This fiscal year, the USACRC has recorded 29 motorcycle fatalities as of July 23.

“Commanders also recognize the power of the MMP as well and have helped foster it,” Forrester said. One commanding general purchased reflective vests for all the members of one club.

Leaders are also engaging to reduce loss through the use of another program in the area of POVs. The primary tool they are using to decrease overall POV loss is the Army’s TRiPS program. This risk-planning tool allows service members and civilian employees to create a tailor-made

risk analysis for traveling. The program gives users specific guidance and steps to lower the overall risk while traveling on trips. Users can also view narratives of mishaps that happened during similar trips and other traffic-safety information.

Although as of July 23 this fiscal year, the Army has suffered 33 fatalities in sedans, a slight decrease from the 40 fatalities for fiscal 2006 in the same timeframe, the number of fatalities in the “other” POV category has increased from 18 in fiscal 2006 to 28 in fiscal 2007. This category consists of pickup trucks, SUVs, Vans and all terrain vehicles.

“As leaders, we can’t lose focus,” Forrester said. “We can’t become compla-

cent. We need continued engagement by our leaders. It’s this one-on-one engagement – or Oak-tree counseling – between first-line supervisors and their subordinates that brings these programs to life.”

A key feature for supervisors using the TRiPS tool is that they receive a copy of the risk analysis. This allows them the opportunity to discuss the planned trip, the risks involved and how to control those risks with the traveler/subordinate. Since its inception, Soldiers have completed more than 2.3 million assessments. Of those people who completed the assessments, four have been killed with only two of those actually operating the vehi-

cle. Soldiers complete roughly three to five thousand assessments a day.

“You can’t ignore the impact engaged leaders are making in the Army,” Davis said. “You can have all the tools you want, but you need engaged leaders to help ensure the tools are used and used the right way. What works in one location might not work in another, so having leaders who know what tools will work is essential.”

“As long as our young leaders continue stepping up and making the right decisions for their groups, we’ll be successful in reducing loss and remaining an Army Strong.”

(Source: U.S. Army Combat Readiness Center)

Women’s Equality Day trivia contest

‘Women who changed America’

Be the first to identify all five women in the questions correctly and receive a \$25 Army and Air Force Exchange Service gift certificate.

1. She was the most successful woman in professional tennis, top ranked five times and was in the top ten for 17 years. This woman was the first female athlete to earn \$100,000 a year, the holder of the most Wimbledon titles, as well as, the first woman to coach a professional team.

2. She was the first American doctor to investigate the physical hazards of working around carbon monoxide, lead and other poisonous substances found in industrial plants. Her persistent efforts led to the first state workers’ compensation law, better working conditions and federal workplace-hazard standards and safety laws.

3. Former chair of the Mexican-American Legal Defense and Education Fund, she was one of the first women on the board. She worked as a volunteer helping the poor and the physically disadvantaged. President Carter named her Director of Community Services Administrations in 1977.

4. She became the first American woman in space in 1983, serving as mission specialist and flight engineer for the six-day flight of the “Challenger” shuttle. She now directs the California Space Institute at Scripps Institution of Oceanography, researching ways to preserve the earth’s environment by using space technology.

5. The first Asian American elected to Congress, served 12 terms in Congress, beginning in 1965. She helped draft and win passage of Title IX in 1972; was founding member of the National Women’s Political Caucus in 1971; and she authored legislation for the Women’s Educational Equity Act in 1973.

E-mail answers to Master Sgt. Rick Evans at ricky.lovon.evans@us.army.mil.

Answers to last week’s questions:

- 1. Rebecca Adamson (1950-)
- 2. Jane Addams (1860-1935)
- 3. Shirley Chisholm (1924-2005)
- 4. Maya Lin (1959-)
- 5. Maria Lopez de Hernandez (1896-1986)

The winner of last weeks trivia contest was Gayle Ellis.



Plan to participate in the

Hiring Heroes Workshop & Career Fair

(Job opportunities for injured service members and their spouses)

Sept. 17
Resume Writing Workshop, 9 a.m. to 4 p.m.

Sept. 18
Career Fair, 9 a.m. to 3 p.m.

The Sam Houston Club
1395 Chafee Road
Fort Sam Houston, Texas

Learn how to write professional resumes. Talk with over 50 Department of Defense, Federal and Private Sector recruiters about opportunities in various civilian career fields.

For more information, call Roland Umipeg at 888-363-4872, ext. 759

Army Community Service August Financial Readiness Schedule		
Identity Theft	Tuesday	2 to 4 p.m.
Checkbook Maintenance	Aug. 23	2 to 4 p.m.
• Identity Theft – How not to become a victim, how to recognize and what to do if you become a victim of identity theft.		
• Checkbook Maintenance – This class is offered for personnel referred by the command for abusing and misusing check cashing privileges. All personnel can attend this class.		
All classes are held in Building 2797, 2010 Stanley Road, training room 1. Class space is limited. For more information or to register, call 221-1612.		

Lincoln Military Housing resident activities

Lincoln Military Housing supported several village block parties to include Watkins Terrace, Harris Heights, Wheaton Graham, and Artillery Post during National Night Out Aug. 7. Many residents attended the nationwide crime prevention activity designed to heighten crime prevention awareness; strengthen neighborhood spirit; and send a message to criminals letting them know that the neighborhoods are organized and fighting back against crime.

A Back-to-School Party will be held Aug. 24. LMH invites the children of on-post residents to attend the event at Salado Creek Park from 2 to 4 p.m. Ice cream will be served and back-to-school goodie bags with school supplies will be given to the children.

Watch for the ice cream truck Sept. 17. LMH will pass out free ice cream in the villages. The scheduled route will be announced at a later date.

For photos and upcoming activities, residents can log onto LMH's interactive Web site, www.samhoustonlpc.com. For more information, call LMH at 270-7638.

(Source: Residential Communities Initiative)



Sir Night Out exchanges "high fives" with children at the Wheaton/Graham neighborhood picnic Aug. 7. Capt. Mark and Wendy Knight sponsored the neighborhood picnic.

National Night Out spotlights security

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs Office

Fire trucks, motorcycles and police cars announced their arrival with lights and sirens. Sparky the Fire Department mascot, McGruff the Police Department mascot and a new entry, Sir Night Out, the National Night Out mascot visited post residents hosting community gatherings.

Escorting Col. Wendy Martinson, U.S. Army Garrison commander, and Michelle Czerw, Maj. Christopher Hayes, Fort Sam Houston Provost Marshal and his Department of Emergency Services crew visited local residents to increase community awareness of command crime fighting and drug and violence prevention programs.

National Night Out is an annual event that encour-

ages Families to meet neighbors and police officers in a fun environment that provides an opportunity for communities like Fort Sam Houston to promote cooperative, police-community crime prevention efforts. This year Families in the Wheaton/Graham, Harris Heights, Watkins Terrace and Artillery Post neighborhoods featured picnic atmospheres complete with hot dogs, hamburgers and backyard games for children. The Harris Heights community also included a display table for crime fighting and Drug and Alcohol Reduction Program literature.

The National Night Out team completed their round of visits with stops at the Government Hill and Westfort Alliance neighborhood events.

See NATIONAL NIGHT OUT on Page 11

July Yard Survey of the Month

Lora Cole

July Yards of the Month

723 Patch	4913-A Ashby Circle
618 Infantry Post	410 Dickman



National Night Out

Continued from Page 10



Michelle Czerw, wife of installation commander Maj. Gen. Russell Czerw, helps McGruff distribute crime fighting educational materials to Harris Heights neighborhood children. Staff Sgt. George and Jennifer Koranyi were neighborhood sponsors.



Children at Watkins Terrace enjoyed meeting their favorite mascot at the National Night Out parking lot event sponsored by Sgt. First Class Constance Davis.

The National Night Out command team presents a National Night Out certificate to Artillery Post event sponsors Suzanne Lougee and Traci Cornett.



Garrison commander, Col. Wendy Martinson, met with neighborhood association board members Richard Alcoser and Stella Ashley while visiting the Government Hill Neighborhood Association Night Out event.



Photo by Jennifer Morris

Life savers

The lifeguard team at the Fort Sam Houston Aquatic Center was awarded certificates of appreciation Aug. 9 by Col. Wendy Martinson, U.S. Army Garrison commander. Their quick actions and knowledge of the Emergency Action Plan saved the life of a young member of the military community July 12. (Back row, from left) Alexander Dochnal, Zane Travis, Jason Cody Oswald, Noland Arocha. (Front row, from left) Travis Brown, Emily Gilman, Caitlin Simmons, Rebecca Williams, Col. Wendy Martinson.

Batter up!

The U.S. Army North softball team poses proudly with their trophy after winning the Fort Sam Houston post-season Intramural Softball Tournament. The team was undefeated throughout the tournament, winning the championship game with a score of 13-12. (Standing, from left) Sgt. 1st Class Amilcar Salazar, Larry Thompson, Kenny Perez, Chief Warrant Officer Mario Torres, Maj. Scott Peachey, Staff Sgt. Tony Gonzalez, Staff Sgt. Matthew Trevino, Master Sgt. James Cose, Sgt. 1st Class Barry White. (Kneeling, from left) Staff Sgt. Justin Platt, Maj. George Allen, David Allen and Sgt. 1st Class Christopher Sabin. Not pictured: Sgt. Maj. (retired) Willie Cruz, Sgt. 1st Class Kenny Rogers, Staff Sgt. Joseph Bockin and John Slitzer.



Photo by Sgt. 1st Class Lori Simmons

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Sports Briefs . . .

Heart of Texas Triathlon #5

The Heart of Texas Triathlon #5 will be held Sunday at 7:30 a.m. at the Aquatic Center. For more information or to register, call 221-2020 or 221-1234.

5K Fun Run/Walk

A 5K Fun Run/Walk will be held Aug. 25 at 9 a.m. at the Jimmy Brought Fitness Center. Registration fee is \$10 per person. To register or for more information, call Will Lloyd at 221-2020 or 221-1234.

Health and Wellness Fair

A free Health and Wellness Fair will be held at the Jimmy Brought Fitness Center Aug. 30 from 10 a.m. to 1 p.m. Activities include cholesterol screening, diabetes screening, nutritional information, door prizes and more. Participants who wish to have cholesterol screening must fast for 12 hours before the test. For more information, call 221-2020 or 221-1234.

Varsity basketball

Coaches and players are needed for the women's and men's varsity basketball teams. Tryouts for players are Aug. 27 through 31 at 6:30 p.m. at the Jimmy Brought Fitness Center. Those interested in coaching should submit resumes by Aug. 23 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234. For more information, call 221-1180 or e-mail earl.t.young@us.army.mil.

Youth soccer registration

Youth can register for the Alamo Heights/Fort Sam Houston Youth Soccer team through Aug. 31. People can register online at www.ahfsh.org or stop by the Youth Center for walk-in registration Aug. 25 from 10 a.m. to 3 p.m. and Aug. 29 from 6 to 8 p.m. For more information, visit www.ahfsh.org or call 828-7071.

Lock up valuables at gym

Several wallets have been stolen at the Jimmy Brought Fitness Center. Gym visitors are advised to lock up their valuables. The Jimmy Brought offers free lock boxes in the gym entrance and also rents out lockers on an annual basis. For more information, call 221-2020.

New fitness classes

A muscle conditioning class, which includes total body strength training, is offered Fridays from 5 to 6 p.m. at the Jimmy Brought Fitness Center. A total body conditioning class, comprising 50 minutes of cycling and 30 minutes of core conditioning, is held Saturdays from 9 to 10:20 a.m. at the Jimmy Brought Fitness Center. For more information, call the fitness center at 221-2020.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.





BACK TO SCHOOL



Fort Sam Houston Independent School District Calendar

2007	
Aug. 20 through 24	Teacher, staff development and prep days
Aug. 27	First day of school
Sept. 3	Labor Day Holiday
Oct. 8	Columbus Day – student holiday/ staff development
Oct. 26	End of first nine weeks (43 days)
Oct. 29	Begin second nine weeks
Nov. 12	Veteran’s Day – student holiday/ staff development
Nov. 19 through 23	Thanksgiving Holiday
Dec. 24 through 31	Winter break
2008	
Jan. 1 through 4	Winter break
Jan. 7	Student holiday/teacher prep day
Jan. 18	End of second nine weeks (43 days) first semester ends (86 days)
Jan. 21	Martin Luther King Holiday
Jan. 22	Begin third nine weeks
Feb. 18	President’s Day/student holiday/ staff development (bad weather day)
March 17 through 21	Spring break
March 28	End of third nine weeks (43 days)
March 31	Begin fourth nine weeks
April 25	Battle of Flowers Holiday (bad weather day)
May 26	Memorial Day Holiday
June 6	Last day of school/end of fourth nine weeks (48 days) Second semester ends (91 days)
June 7	Teacher prep day

Superintendent’s back to school message

Welcome to the 2007– 2008 school year! The Fort Sam Houston Independent School District faculty and staff look forward to helping your students learn, progress, and be successful in school. Our teachers are committed to helping students achieve their academic goals and to be prepared for their post-secondary life.

Our students benefit most when parents and community members are involved. We ask that you support your child’s education by reviewing homework, showing interest in what happens in class, ensuring your student is in school on time, and communicating with teachers. Please also consider sharing your time and talents as a volunteer or mentor — ask your child’s teachers, counselors, campus administrators or your Parent Teacher Organization or Cougar Pride Club officers how you can help make a difference in the



lives of our students. Just recently, H-E-B honored the Fort Sam Houston Independent School District with the prestigious Excellence in Education Award for the Best Small District. This honor came with a \$50,000 monetary award in support of our efforts on behalf of military students. District personnel are always looking for ways to ease school transitions and enhance military students’ experience. Working together, we can make the Fort Sam Houston schools the very best academically. Please call your school and get involved – your child will reap generous benefits. Your time and support are sincerely appreciated.

Gail E. Siller, Ph.D.
Superintendent

Dates of interest for 2007/2008 school year

Fort Sam Houston Elementary School

Meet the Teacher will be held Aug. 24 from 3 to 4 p.m. This is an opportunity for all students to find their classrooms and meet their teachers for the new school year.

Open House will be held Sept. 11 and 12. Parents are invited to meet music, art, theatre arts, media center, computer lab and physical education staff from 5:30 to 6 p.m. on both nights. Parents of students in grades one through three will meet in the cafeteria Sept. 11 at 6 p.m. and parents of students in grades four and five will meet in the cafeteria Sept. 12 at 6 p.m.

<u>Grades</u>	<u>Date</u>	<u>Meet Special Area Staff</u>	<u>Open House</u>
First through third	Sept. 11	5:30 to 6 p.m.	6 p.m.
Pre-kindergarten	Sept. 12		4 p.m.
Kindergarten	Sept. 12		4 p.m.
Fourth through fifth	Sept. 12	5:30 to 6 p.m.	6 p.m.

Early Release Days will occur at the elementary campus to allow for parent conferences and staff development. Students will be dismissed at 11 a.m. on the following days: Sept. 28; Oct. 18; Oct. 19; Feb.15, 2008; April 11, 2008; May 16, 2008.

School hours are from 7:45 a.m. to 3 p.m., Monday through Friday. Students in kindergarten through fifth grade may arrive no earlier than 7:15 a.m. Students in pre-kindergarten may arrive at 7:25 a.m. No students may arrive prior to 7:15 a.m. There are no adults on duty to supervise students before that time.

Robert G. Cole Middle School

New Kids Camp will be held Wednesday from 9:30 a.m. to 12:30 p.m. in the middle school building. The day camp is open to all middle school students new to Fort Sam Houston.

Cougar Camp will be held Aug. 24 from 9:30 a.m. to 12:30 p.m. in the middle school building. All middle school students will receive schedules and tour the new building. Locker assignments and textbooks will be issued the first week of school.

Open House will be held Sept. 19 at 6:30 p.m. in the Moseley Gym. **Early release days** will occur on days of semester exams. Students will be dismissed at 1:15 p.m. on Jan.17 and 18, 2008 and June 5 and 6, 2008.

School hours are from 8:30 a.m. to 3:50 p.m. Teachers will offer tutoring before or after school. Students should check with individual teachers for details.

Robert G. Cole High School

New Kids Camp for high school students will be held Wednesday from 9:30 a.m. to 12:30 p.m. in the Moseley Gym. The day camp is open to all high school students new to Robert G. Cole High School.

Cougar Roundup will be held Aug. 24 in the Moseley Gym. This event offers students the chance to “ease” back into school after a long and restful summer break. All high school students will receive books, lockers, schedules and identification cards. Students are encouraged to bring any supplies purchased over the summer and store them in lockers. Cafeteria staff will also be on hand to accept money for student meal accounts.

Students should adhere to the following schedule for Cougar Roundup. Students with last names:	
A through G	9:30 to 11 a.m.
H through M	11 a.m. to 12:30 p.m.
N through S	12:30 to 2 p.m.
T through Z	2 to 3:30 p.m.

If students cannot attend during their scheduled time, they will be allowed to come at the 2 to 3:30 p.m. time slot.

Open House will be held Sept. 6 at 6:30 p.m. in the Moseley Gym. **Early release days** will occur on days of semester exams. Students will be dismissed at 1:15 on Jan.17 and 18, 2008 and June 5 and 6, 2008. **School hours** are from 8:30 a.m. to 3:50 p.m. Teachers will offer tutoring before or after school. Students should check with individual teachers for details.

KEY TELEPHONE NUMBERS

Fort Sam Houston Independent School District	
Administration Building	.368-8700
Superintendent	.368-8701
Associate Superintendent	.368-8703
Business	.368-8705
Technology	.368-8707
Operations (Maintenance/Transportation)	.368-8719
Fax	.368-8741
Fort Sam Houston Elementary School	
Principal	.368-8800
Assistant Principal (third through fifth grades)	.368-8899
Assistant Principal (pre-kindergarten through second grade)	.368-8805
Counselor (third through fifth grades)	.368-8806
Counselor (pre-kindergarten through second grade)	.368-8808
Special Education Coordinator	.368-8817
Fax	.368-8818
Military Special Education Cooperative	
Fax	.368-8771
Robert G. Cole Middle/Senior High School	
Receptionist	.368-8776
Principal	.368-8730
Assistant Principal for the Middle School	.368-8733
Assistant Principal for the High School	.368-8774
Counselor’s Office	.368-8742
Fax	.368-8736
	.368-8734
	.368-8731



Helping hand

Janet Adkins, custodian at Cole High School prepares for new student registration.

Courtesy photo

FSHISD sees changes in administration

Fort Sam Houston Independent School District experienced changes in both district and campus administration.

Dr. Gloria Davila, retired after 38 years in education. Davila was a teacher, a librarian and campus administrator, ending her career at FSHISD as an associate superintendent.

“Gloria Davila shared her ideas and experience in ways that positively impacted the students and staff in our district. Although we will miss her, we wish her the best as she retires to spend more time traveling and relaxing with Family,” said Dr. Gail Siller, FSHISD superintendent.

Replacing Davila is Jayne Hatton, former principal at FSH elementary. Hatton has 26 years of experience in education, 23 of those as a teacher, assistant principal

and principal at the elementary school. “I look forward to working with the students, staff, parents and community in a different role, supporting the work of our schools,” said Hatton.

Tonya Hyde is the new elementary principal. Hyde has nine years of experience as a teacher and assistant principal and is the wife of a retired Air Force Master Sergeant.

“Each new school year brings excitement and anticipation for new opportunities to grow and learn. The administration and staff of Fort Sam Houston Elementary look forward to receiving each student and building upon their strengths. ‘Discovering the Treasures Within’ we will focus on student strengths and expectations, so that we are better able to engage them in the learn-

“Each new school year brings excitement and anticipation for new opportunities to grow and learn.”

Tonya Hyde

Fort Sam Houston Elementary School principal

ing process” said Hyde.

The administrative team at FSH Elementary journeyed into the neighborhoods Aug. 2 and Aug. 7 to gain first-hand knowledge of the expectations of students. Student comments and expectations will be shared with the faculty upon return to work.

Two new assistant principals join the elementary administrative team, April Blanco and Jessica Crafton. Blanco was a

former music teacher and assistant principal. She will work with students in third through fifth grade. Crafton is a former special education teacher joining us from Randolph Independent School District. She will work with students in pre-kindergarten through second grade.

“We look forward to working with our parents and students as we begin this exciting school year,” added Hyde.

Cole welcomes new staff

Fifteen new staff members join Cole Middle and High School. Eleven of the staff are new to the district and four are transferring from the elementary school to the new middle school. The staff members bring with them many years of experience.

Four staff members are transferring from Fort Sam Houston Elementary School to teach at Cole Middle School: Th transferring staff members are:

- **Marcia Teter**, sixth grade math, 23 years of experience
- **Mary Borden**, sixth grade reading, 16 years of experience
- **Chanda Salazar-Curiel**, sixth grade social studies, five years of experience
- **Linda Greenfield**, special education, 18 years of experience

Eleven staff members are new to the district and include:

- **Lona Sanchez**, sixth grade English/Language Arts, 16 years of experience
- **Katie Michna**, eight grade English/Language Arts, eight years of experience
- **Mark Roberts**, special education teacher, five years of experience

- **Christine Robbins**, sixth grade science, one year of experience
- **Leanne Montes**, receptionist, three years of experience
- **Charletra Taylor**, chemistry teacher, seven years of experience
- **Roger Montalvo**, high school science teacher, three years of experience
- **Mme Isabelle Morris**, French and Spanish teacher, six years of experience
- **Cavin Leonard**, multimedia teacher and basketball program, five years of experience
- **Donna Tripp**, high school math teacher, 17 years of experience
- **Retired Col. Ron Yowell**, special education paraeducator, new to public education

“The addition of the new middle school and replacment staff for those who have moved or retired, gave us the opportunity to hire some exceptional teachers, two of which, Robbins and Taylor, are Cole graduates. Their experiences will benefit the students and the Fort Sam Houston community,” said Cole principal, Roland Rios.

Comprehensive curriculum offered

Fort Sam Houston School’s curriculum provides comprehensive, well-balanced learning experiences for students that are developmentally appropriate. The state-mandated Texas Essential Knowledge and Skills form the core of the curriculum; however, additional enrichment activities are included to extend learning opportunities.

All students are assigned to heterogeneous homerooms with class sizes limited in grades kindergarten through fourth to an enrollment of 22 students. The fifth grade is completely departmentalized and groups students heterogeneously.

Specialists in music, art, drama, and physical education provide instruction to all students on a regularly scheduled basis.

Additionally, individual teachers schedule library time and computer classes for their students’ use. Students in sixth through twelfth grade rotate classes, fulfilling grade level course requirements, preparing them to meet rigorous graduation requirements.

The pre-kindergarten program is available for children of active duty military

personnel who are four years by Sept. 1. The goal of this full day program is to provide intensive language development within the context of a balanced curriculum.

The school library is a fully equipped resource and media center, which serves our entire faculty, staff and student body, and is considered a teaching station. It provides a balanced collection of print and non-print media and computer software. In addition to this collection, there is a rich array of support services. The librarians also serves as the campus contact person for the distribution of materials from the regional education service center and the local educational public broadcast television station.

In grades pre-kindergarten through twelve, computers are an integral part of the school curriculum, providing students with experiences in drill and practice, tutorial, problem solving, research and simulation. In addition, students come to the computer lab where they also learn word processing, data filing and graphic utilities. Opportunities include use of software correlated to the curriculum.

School-wide Positive Behavior Support Project

Fort Sam Houston Elementary School completed a three year project that enhances the capacity of the school to educate all students by adopting a sustained, positive, preventative and instructional approach to school-wide discipline and behavior management. The Positive Behavior Support approach focuses on giving priority to teaching and encouraging positive school-wide behavior expectations.

Robert G. Cole Junior/Senior High School begins its first year of implementation, focusing on staff training and school-wide expectations. Cole principal Dr. Roland Rios shares, “We look forward to participation in this initiative and are confident we will see the same positive results evident at the elementary school.”

- The PBS Project creates an environment where:
- Students and staff members are physically and emotionally safe, socially civil and academically productive.
 - Classes are welcoming and invitational to all students.
 - Students are taught the skills needed.
 - Students and staff members are excited and take pride in doing difficult, but important work.
 - Students and staff members support the progress of

- others.
- Students and staff members are filled with a sense of accomplishment.
 - All people are motivated, engaged in meaningful learning tasks, and experiencing growth.

FSH Elementary School guidelines for success are: Be safe, be responsible and be respectful. Expectations for school-wide areas and the classroom are taught the first two weeks of the school year, ensuring a positive, successful beginning for the school year. New students learn these expectations when enrolling throughout the year.

Cole Middle School and High School will learn the “ROAPS” this school year, learning the importance of Respect, being On time, being Accountable for their actions, being Prepared for class and making Safe decisions while in school.

Fifth grade teacher Brenna Howell, is excited that the positive, research-based practices will improve the learning environment for students and teachers. Howell said, “This new approach meets the needs of students and increases time for instruction.”



Courtesy photo

Elizardo Hernandez, middle school assistant principal, prepares posters supporting the new Positive Behavior Support initiative.

Agendas teach good study habits, organization skills

Educational studies indicate that good study habits and organizational skills help children succeed in school. Parents can assist by keeping close communication with the school and establishing a routine that encourages students to keep up with school work.

Fort Sam Houston Elementary School strives to instill organizational skills that

will last through the college years. Students in first through twelfth grade will be provided with a daily planner, an “agenda,” for the 2007–2008 school years.

Agendas provide parents with current information about homework, class projects and general school news or events. They also provide a means for teachers and parents to communicate in writing on

a regular basis.

“Parents play a key role in the successful use of the agendas for elementary school children,” Principal Tonya Hyde noted. “A powerful message is sent to the students when parents review and sign agendas daily. Additionally, parents model important organization skills through the use of their own calendars or

daily planners.”

“Students in middle and high school practice organizational skills needed in college when using agendas on a regular basis” shared secondary principal Roland Rios.

Students will receive an agenda the first week of school. There is not an initial cost for the agenda.

Cole Middle School opens doors

Robert G. Cole School, a secondary campus, now includes middle and high school buildings. Newly constructed, Robert G. Cole Middle School, a two-story L-shaped building will house students in the sixth, seventh and eighth grade. Located beside the high school buildings, Cole Middle School’s front entrance will face Forbush Road in the Watkins Terrace subdivision.

The secondary campus, was named after Lt. Col. Robert George Cole. Born at Fort Sam Houston, Cole joined the Army in 1934 and went on to earn the distinguished Medal of Honor for his actions in the days following the D-Day Normandy Invasion and World War II.

The new middle school features a large mall area and multipurpose room, 12 classrooms, computer lab, conference room, reception area and offices for the counselor and administration.

“The middle school concept has its own vision and identity that guide decisions,” said Dr. Gail Siller, superintendent, Fort Sam Houston Independent School District. “It addresses the unique needs of military students and will provide curriculum that is relevant, challenging and exploratory. Mounted LCD projectors connected to teacher workstations and other electronic resources are sure to engage students in learning activities.”

Dr. Roland Rios remains the principal for the secondary campus. Elizardo Hernandez will be the assistant principal for the middle school and Victoria Wood will be the counselor for students in sixth through eighth grades. Suzie Hawkinson will be the high school assistant principal and Julie Coffey will be the counselor for students in ninth through 12th grade.

The middle school and high school are located on the same secondary campus. Middle school students will be afforded educational opportunities specifically designed to meet their learning needs. Students will have their own student organizations, social events and mall area.

Rios said, “We are excited about our new middle school – not only the new building, but the new and exciting ways we are planning to meet the needs of our unique young learners. The middle school will be student-centered with teachers organized into interdisciplinary teams.”

Other construction projects include a new media center, competition gym and field house and a technology center.

The media center will serve both middle school and high school students. Students can browse the new collection stacks and choose to study at tables or in a study room. Students can conduct research while in the new computer classroom and will benefit from an updated College and Career Center.

The competition gym boasts ample, separate seating for the home team and visitors. Student athletes will benefit from the state-of-the-art weight room as they train in their sport. The new concession stand has ample room for preparation and sales.



Courtesy photo
The entrance of the new Cole Middle School faces Forbush in the Watkins Terrace Housing area.

The field house provides identical preparation areas for both male and female athletes and separate locker space for varsity and junior varsity teams. Coaching offices will be housed in this building as well.

The Kiehle Technology center, located on 25 acres adjacent to the district office will support the infrastructure for the entire district. It will also house a training center for district staff.

Students need immunizations for school attendance

State Law and district policy require medically validated up-to-date records of immunizations to be on file for all students. Immunization records must be as complete as medically feasible. To claim exclusions for medical reasons or reasons of conscience, including a religious belief, call the school nurse.

3 Years of Age

4 Doses DTP, DTap

3 Doses IPV

1 Dose MMR - on or after first birthday

1 Dose Hib (Haemophilus influenzae Type B) - on or after 15 months or primary series with booster on or after first birthday.

3 Doses Hepatitis B

1 Dose Hepatitis A - first dose recommended on or after first birthday; required on or after second birthday; minimum spacing between doses is 6 months.

1 Dose Varicella (chickenpox) - on or after first birthday or statement/date of chickenpox illness.

See Chart PCV7 (Pneumococcal Conjugate Vaccine)

4 Years of Age

5 Doses DTP, DTap - fifth dose on or after fourth birthday or four doses with fourth dose on or after fourth birthday.

4 Doses IPV - fourth dose on or after fourth birthday or three doses with third dose on or after fourth birthday.

1 Dose MMR - on or after first birthday.

1 Dose Hib (Haemophilus influenzae Type B) - on or after 15 months or primary series with booster on or after first birthday.

3 Doses Hepatitis B

2 Doses Hepatitis A - first dose recommended on or after first birthday; required on or after second birthday; minimum spacing between doses is six months.

1 Dose Varicella (chickenpox) – on or after first birthday or statement/date of chickenpox illness (see additional information).

See Chart PCV7 (Pneumococcal Conjugate Vaccine)

Kindergarten and first grade

5 Doses DTP, DTap (Diphtheria, Tetanus, Pertussis) - fifth dose on or after fourth birthday or four doses with fourth dose on or after fourth birthday

Students who are seven years of age or older:

3 Doses Tetanus-Diphtheria containing vaccine, one of which must have been received on or after the fourth birthday. Pertussis vaccine is not required.

4 Doses IPV (Polio) - fourth dose on or after fourth birthday or three doses with third dose on or after fourth birthday.

2 Doses Measles -1st dose on or after first birthday.

1 Dose Mumps - on or after first birthday.

1 Dose Rubella - on or after first birthday.

3 Doses Hepatitis B

2 Doses Hepatitis A - first dose recommended on or after first birthday; required on or after second birthday; minimum spacing between doses is six months.

1 Dose Varicella (chickenpox) - on or after first birthday or statement/date of chickenpox illness (see additional information).

Second and third grade – (if less than seven years of age, see first grade)

3 Doses DTP, DTap, DT, Td (Diphtheria, Tetanus; Pertussis is not required) - one dose must be on or after the fourth birthday.

4 Doses IPV (Polio) - fourth dose on or after fourth birthday or three doses with third dose on or after fourth birthday.

2 Doses Measles - first dose on or after first birthday.

1 Dose Mumps - on or after first birthday.

1 Dose Rubella - on or after first birthday.

3 Doses Hepatitis B

2 Doses Hepatitis A - first dose recommended on or after first birthday; required on or after second birthday; minimum spacing between doses is sic months.

1 Dose Varicella (chickenpox) - on or after first birthday or statement/date of chickenpox illness (see additional information).

Fourth through 12th grade

3 Doses DTP, DTaP, DT, Td (Diphtheria, Tetanus; Pertussis is not required - one dose must be on or after the fourth birthday.

1 Dose Td (Tetanus) required every 10 years after last dose of DPT/DTaP/DT/Td.

4 Doses IPV (Polio) - fourth dose on or after fourth birthday or three doses with third dose on or after fourth birthday.

Not required for students 18 years and older:

2 Doses Measles - first dose on or after first birthday

1 Dose Mumps - on or after first birthday

1 Dose Rubella - on or after first birthday

3 Doses Hepatitis B

1 Dose Varicella (chickenpox) - on or after first birthday or statement/date of chickenpox illness or two doses are required if first dose of vaccine given at 13 years of age or older

Additional information:

A second dose of Varicella is recommended but not required at this time for the four to six year age group.

Receipt of the dose up to (and including) four days before the birthday will satisfy immunization requirements for all vaccines.

Pre-kindergarten through grade three for DTP, DTaP, DT, and Polio: Only a four day grace period for all vaccines is acceptable.

Grades four through 12 for DTP, DTaP, DT and Polio: The calendar month prior to or on the fourth birthday is valid.

Polio: No dose is required on or after age four if any combination of four doses of both OPV and IPV were used. However, if the series is comprised of all IPV or all OPV, then a dose is required on or after age four.

Hepatitis B (alternative for unvaccinated adolescents age 11 to 15 years): two doses clearly documented of Recombivax HB 1.0 ml (adult formulation) spaced four to six months apart; Engerix-B is not licensed for a two dose schedule.

Vaccines administered after Sept. 1, 1991 shall include the month, day and year each vaccine was administered.

Exclusion from compliance includes medical reasons (a statement from an M.D. or D.O., duly registered and licensed to practice medicine in the United States, is required), stating that in the physician’s opinion that the vaccine required is medically contraindicated or poses a significant risk to the health and well-being of the child or to any member of the child’s household. Unless it is written in the statement that a life-long condition exists, the exemption statement is valid for only one year from the date signed by the physician.

Conscientious Exemptions, including religious beliefs, must be obtained from the Department of State Health Services in Austin and submitted to the school nurse for immunization exemption upon enrollment or at the time exemption is requested.

Valid Texas Religious Exemptions dated prior to Sept. 1, 2003 are lifelong exemptions.

Out of state religious/philosophical exemptions are not valid in Texas. Students claiming exclusion for reasons of conscience, including religious beliefs, must present an affidavit issued by the Texas Department of State Health Service (TDSHS).

Provisional Enrollment: A student may be provisionally enrolled if he/she has begun the required vaccine series and is receiving subsequent immunizations as rapidly as medically feasible. If a student is transferring from another Texas school, he/she may be enrolled for 30 days while awaiting the transfer of the immunization record. Children of active duty military families who are moving to Texas from out-of-state and are awaiting the transfer of immunization records may be provisionally enrolled for 30 days. A student who is homeless, as defined by the McKinney Act, shall be admitted temporarily for 30 days if acceptable evidence of vaccination is not available.

Serologic confirmations of immunity to measles, rubella, mumps, hepatitis A, hepatitis B or varicella are acceptable. Evidence of measles, rubella, mumps, hepatitis A, hepatitis B or varicella illnesses must consist of a laboratory report that indicates either confirmation of immunity or infection.

FSHISD participates in school lunch program



The Fort Sam Houston Independent School District has announced its policy for providing free and reduced-price meals for children whose parents qualify under the National School Lunch Program and the School Breakfast Program.

The national School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Parents who meet the eligibility may apply for free and reduced-price meals for their children. The household size and income criteria are used to determine eligibility for free and reduced-price benefits. Children from households whose income is at or below the levels shown are eligible for free or reduced-price meals. Foster children who are the legal responsibility of a welfare agency or court may also be eligible for benefits regardless of the income of the household with whom they reside. Eligibility for the foster child is based on the child's income.

Application forms will be distributed at the beginning of school to all households, along with a letter informing households of the availability of free and reduced-

price meals for their children. Applications also are available at the office of each school. To apply for free and reduced-price meals, households must fill out the application and return it to the school. Applications may be submitted throughout the school year. The information households provide on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified by the school officials at any time during the school year.

For school officials to determine eligibility for free and reduced-priced benefits, households receiving food stamps or Temporary Assistance for Needy Families only have to list their child's name and food stamp or TANF case number. An adult household member must sign the application.

Households that do not list a food stamp or TANF case number must list the names of all household members, the amount and source of the income received by each household member, and the Social Security number of the adult household member who signs the application. If the adult who signs the application does not have a Social Security number, the household member must indicate that a Social Security number is not available by writing the word "none," "no number" or some indication that the person does not have a Social Security number. The application must be signed by an adult household member.

The housing allowance for military personnel living in privatized housing will be permanently excluded from income when determining household eligibility for free and reduce-price meals. Under the provi-

sions of the free and reduced-price meal policy, the Food Service Director will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the reviewing official on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Dr. Gail Siller, Superintendent, FSHISD, 1902 Winans Rd. San Antonio, Texas 78234; or call 368-8711.

Eligibility for free and reduced-price meals shall remain in effect beginning on the date of eligibility for the current school year and ending on a date during the subsequent school year. Additionally, if a household member becomes unemployed or if the household size increases, the household should update information with the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the levels shown.

For additional information, district residents can write to Janet Daniel, director, Food Service Department at 1902 Winans Road, San Antonio, Texas 78234; or call 368-8745.

Meals are served every school day. Students in pre-kindergarten through fifth grade can prepay or purchase their meals at the cost of \$1.75 per lunch and 80 cents per breakfast. Students in grades six through 12 can prepay or purchase their meal at the cost of \$2 per lunch and 90

Family Eligibility Income Chart

The following is the newly revised chart of federal annual income qualifying guidelines for the free and reduced-price meal program:

Household Size	Annual Free	Annual Reduced
1	\$13,273	\$18,889
2	\$17,797	\$25,327
3	\$22,321	\$31,765
4	\$26,845	\$38,203
5	\$31,369	\$44,641
6	\$35,893	\$51,079
7	\$40,417	\$57,517
8	\$44,941	\$63,955
9	\$49,465	\$70,393
10	\$53,989	\$76,831
11	\$58,513	\$83,269
12	\$63,037	\$89,707
For each additional family member add:		
	+\$4,524	+\$6,438

cents for breakfast.

For more information on the National School Lunch Program, visit the United States Department of Agriculture's Web site at <http://www.fns.usda.gov/cnd/Lunch/default.htm>.

(Note: In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.)

FSHISD continues focus on student safety

Student safety on campus and at school-related events is a high priority of the district.

From time to time, students, teachers and other district employees participate in drills of emergency procedures. Students are taught emergency procedures at the beginning of each school year with reviews conducted throughout the year. When the alarm is sounded, students are able to follow the direction of teachers or others in charge.

The safety of students and staff is the school district's main consideration when making a decision to close Fort Sam Houston schools or to delay the start of classes due to inclement weather.

"We work closely with Installation officials and other school districts regarding closure plans. Sometimes we are faced with the situation that students who live on the installation can safely reach school, but the weather con-

ditions prevent our faculty or staff from being able to commute to work," said Dr. Gail Siller, Superintendent of Schools.

In the event schools are closed due to severe weather, the announcement of such closing will be made on local television and radio stations. The Superintendent of Schools releases this information to the stations early enough in the morning to alert parents of the school closing prior to children leaving home for school.

Both the district and campuses have a crisis management plan in place in addition to emergency kits in selected locations in each building. The district's emergency plans have been filed with the Installations' Contingency Plans Office and physical security inspections and assessments of both campuses have been conducted. Staff members are trained on the required emergency guidelines to follow and are familiar with lockdown and evacu-

ation procedures.

In the event of an emergency, students will not be released to parents or transported home until the Military Police and district officials have determined that it is safe to do so. Information will be provided to the local media in order to inform and communicate with parents and the community.

In the event that the Fort Sam Houston Army Installation is placed on Force Protection Condition Delta, the Emergency Operations Center and the Military Police will notify the school district. According to Garrison officials, if this occurs during the workweek, the schools will remain in session for the remainder of the day. Classes will be cancelled the next school or work day until FPCON Charlie or a lower level is mandated. Non-key and essential on-post Soldiers will be required to tend to their children in quarters.

Special programs help students achieve full potential

There are numerous special programs and services available to help students achieve their potential.

Certified counselors serve the guidance and counseling needs of the students through classroom meetings, small group sessions and individual counseling. The goal of the school is to provide a school climate in which each child can live comfortably and confidently and function successfully.

A special partnership program between the Army and the school is provided for selected "at risk" students. Adult mentors, provided by the Army community, tutor the students for one hour per week in academic areas. The mentors are selected and trained through the post chaplain's office.

A strong drug-free program is integrated through the health curriculum. The health curriculum addresses the negative effects of the use of alcohol, tobacco, marijuana, and other drugs, with special emphasis on illegal drugs, while in social studies emphasis is placed on personal, social and civic responsibilities. The counseling department also is an active participant in the education of our students about this important subject.

Students who attend Fort Sam Houston Elementary School possess rich and varied experiences in that a wide range of instructional arrangements and programs are required to meet their specific learning needs. Services are provided for those identified as at-risk, disabled, gifted and

talented, limited English proficient, and those whose previous educational experiences are inconsistent with Texas requirements. A team approach ensures that all identified students receive needed services to improve their academic performance.

Gifted and talented programs are available for students in kindergarten through 12th grade, who have demonstrated exceptional proclivity toward excellence or the potential to excel in general intellectual ability. Students are referred for this program by their parents or teachers. Older students may nominate themselves for the program. Eligibility for the program is based on test results and rankings on a student profile matrix.

An exemplary fine arts program is pro-

vided for fifth and sixth grade students showing exceptional talent in the areas of art, music and theatre arts. Eligibility for the programs is based on individual test results and rankings on a student profile matrix. Speech, fine arts classes and band are also available at the secondary campus.

Comprehensive special education services are available for eligible disabled students who require provision of special services in place of or in addition to instruction in the regular classrooms. Students served include those from birth to age 21 who are auditorially or visually disabled and those age three to 21 who are physically disabled, mentally challenged, emotionally disturbed, learning disabled, autistic, or multi-handicapped.

PostPulse: Do you take advantage of the tax-free weekend?



“Yes, we have it here at the Post Exchange and it helps a lot on clothing and shoes.”

Gloria Zapata



“Honestly, I don’t because I home school.”

Julieann Maldonado and son, Daylan



“Yes, we have in the past me and my wife have gone as far as San Marcos, Texas to shop.”

David Gamez



“No, I will not this year; Wal-Mart had all I needed on sale.”

Shelia Coleman and daughter, Courtney

Students ‘dress for success’

The Fort Sam Houston Independent School District prides itself on high academic and behavioral expectations. Research has indicated that student behavior is influenced by dress and grooming. The district’s dress code is established to teach grooming and hygiene, prevent disruption and minimize safety hazards.

“Students and parents are encouraged to keep the dress code in mind as they prepare and plan for the 2007-2008 school year,” said Dr. Roland Rios, principal, Cole Middle and High School. “We encourage parents to assist their children in adhering to the requirements and guidelines of the district’s Student Dress Code.”

Students and parents may determine a student’s personal dress and grooming standards, provided they comply with the following:

- Wear clean neat clothing that is not a health or safety hazard.
- Skirts, shorts, skorts and dresses must extend beyond the student’s fingertips when the student is standing. Leggings are not allowed.
- Shirts and blouses must extend below the waistband, but cannot extend beyond the student’s fingertips when the student is standing.
- Shoulder straps on clothing must be worn on the shoulder.
- Shorts and pants must be worn at waist height.
- Safe, appropriate shoes must be worn.
- Hair must be neat and clean.

The following items are prohibited:

- Pictures, emblems or writings on any clothing items that are gang-related, lewd, offensive, vulgar, violent, obscene or disrespectful.
- Pictures, emblems or writings on any clothing items that advertise tobacco products, alcohol beverages, drugs or any other substance prohibited under policy FNCF.
- Body stockings without a top and shorts, etc., covering the body stocking.
- Baggy, sagging or oversized pants, shorts or shirts.
- Extremely tight, short, unclean, tattered or revealing clothing, to include leggings and spandex.
- Cutoffs or un-hemmed, frayed pants or shorts.
- Pants or shorts with rips, tears or holes that expose skin or underwear.
- Pants or shorts held up by drawstrings or elastic (applies to students in grades six through 12 only).
- Apparel exposing the bare midriff, front, back or side, whether hip or underarm.
- Halter-tops, fishnet tops, crop tops, see-through blouses, tank tops, spaghetti straps or camisoles.

- Gym shorts, biker shorts or basketball shorts (applies to students in grades six through 12 only).
- Warm-up suits, sweat suits or wind pants except during physical education classes (applies to students in grades six through 12).
- Any clothing or grooming that may cause disruption of or interference with normal school operations.
- Unconventionally colored, spiked hair or extreme hairstyles.
- Hats, caps, hoods, “do-rags” or bandanas with the exception of Junior ROTC, PE or those that meet the medical needs of students.
- Hair curlers.
- Body piercing jewelry except for rings, studs or other traditional jewelry worn in the ear.
- Spikes or chains of any type.
- Sunglasses.
- Unsafe or inappropriate shoes, including house shoes, shower shoes, steel-toed boots or shoes, or “heelies.”
- Pajamas, lounging undershirts or any pajama-style clothing.
- Bare feet.
- Visible tattoos.
- Temporary or permanent cosmetics, ornamental dental appliances such as “grills.”

Campus administrators reserve the right to rule on dress and grooming matters which involve decency, cleanliness, safety, bizarre, disruptive or extreme modes of dress for school. Any exceptions will require approval and will be for a specific purpose or reason. This applies to school activities during or after instructional time, and either on or off campus.

Students who choose to violate the dress and grooming code will be sent to an administrator for clarification or disciplinary action. Parents will be contacted and requested to bring a change of clothes so that the student will be in compliance with the dress code. Repeated violations of the dress code will be construed as insubordination and further disciplinary consequences will be incurred by the student.

The principal, in cooperation with club sponsors, coaches or other persons in charge of a school organization, may regulate the dress and grooming of students who participate in extracurricular activities.

Adherence to the dress code and student and parental cooperation is greatly appreciated by the Fort Sam Houston Elementary School and Robert G. Cole Middle and High School staff.

Sales tax holiday changes date

For the ninth year, Texas shoppers will get a break from state and local sales taxes. Since Texas has mandated a later start date for public schools, the annual tax-free holiday will move to the third weekend of August.

This year’s break from the 8.25 percent sales tax will be Friday through Sunday. The holiday for clothing and footwear begins at 12:01 a.m. Friday and ends at midnight Sunday. The holiday exempts most clothing and footwear priced under \$100 from sales and use taxes, which saves shoppers about \$8 on every \$100 they spend.

Information to remember about the sales tax holiday:

- Most clothing and footwear priced at less than \$100 will be exempt from sales tax.
- Backpacks priced under \$100 to be used by elementary and secondary students are also exempt. A backpack is defined as a pack with straps one wears on the back. The

exemption does not apply to items reasonably defined as luggage, briefcases, athletic/duffle/gym bags, computer bags, purses or framed backpacks.

- Clothing and footwear used primarily for athletic activities or for protective wear are not eligible for the exemption. Customers buying golf shoes or football pads, for instance, must pay sales tax. Athletic wear that is also used for participation in other non-athletic activities can qualify for tax exemption. For example, tennis shoes, baseball caps and jogging suits are worn during everyday activities and thus may be purchased tax-free during the holiday.
- Also excluded from the sales tax holiday are accessories such as jewelry, watches, barrettes, elastic ponytail holders and wallets.

For more information before you shop, visit <http://www.window.state.tx.us/taxinfo/taxpubs> or call 800-252-5555.

Parent-Teacher Organizations support students, Families, staff

The Fort Sam Houston Elementary Cougar Cub Parent-Teacher and the Robert G. Cole Middle and High School Cougar Pride Organizations are gearing up for another great year. Parents are encouraged to join a parent organization. Executive committee members will be available to speak to parents at Open House and other school sponsored events.

Both organizations have active volunteer programs that offer a wide range of options for parent participation. Volunteers are an important ingredient to a successful school year. Parents are encouraged to attend monthly meetings held at the schools.

Each Friday is “Spirit Day.” Students are encouraged to wear green or gold on those days. Both PTO organizations will sell “spirit wear” throughout the year. More information will be available at Open House and other events.

The organizations sponsor several fund raising events throughout the year. All monies collected benefit the students at the school. In previous years, the elementary PTO purchased keyboards, a poster machine and a portable speaker system to be used at school-sponsored events. Money has also been used to support the Accelerated Reader program. The Cougar Pride Club supports both academic and extracurricular activities. They also raise money for scholarships to be awarded to graduating seniors.

Parents can access school district policies online

The policies governing the operation of Fort Sam Houston Independent School District are available online at www.fshisd.net. To access the district policies, click on “School District Policies” in the middle of the home page.

“We encourage our parents to visit our district home page as often as they can for the policies governing our school district, as well as for other pertinent information,” stated Dr. Gail Siller, superintendent.

Fort Sam Houston ISD’s Policy Manual is divided into seven sections, each devoted to a separate area of school governance. The seven sections include the following: A - Basic District Foundations; B - Local District

Governance; C - Business and Support Services; D - Personnel; E - Instruction; F - Students; and G - Community.

Policies are labeled either LEGAL or LOCAL. The LEGAL policies track the language of the U.S. and Texas Constitutions, federal and state statutes, State Board of Education rules, the Texas Administrative Code and other regulations.

Policies designated LOCAL are those that have been approved by the local Fort Sam Houston Board of Trustees and are deemed essential to effective district governance and management and particular to this district. Local policies that are preceded by a LEGAL policy in the same code

generally expand on, or qualify, the legally referenced provisions. Other LOCAL policies stand alone, portraying the school board’s stated intentions in areas not otherwise addressed by law.

Fort Sam Houston ISD uses the services of the Texas Association of School Boards to develop and maintain both legal and local policies. TASB is used by more than 90 percent of the school districts in Texas for policy services and staying current with federal and state law, case law, State Board of Education rules, and other legal authorities affecting the governance of Texas school districts.

“When reviewing the policies, parents will obtain a complete understanding if



they review both LEGAL and LOCAL sections,” added Siller. “If they have questions, they can contact the campuses or district administration office.”

Fort Sam Houston Elementary



Pre-kindergarten		2	Bottles antibacterial sanitizer
1	Box of tissues	1	Pkg. Ziploc gallon freezer bags - girls
1	School bag (large enough to hold papers and a library book, no book bags with wheels)	Grade three	
4	Bottles Elmer’s school glue (not “gel” or “no run” glue)	48	Yellow pencils - No. 2 (no Eagle brand)
1	Pocket folder (solid color)	1	Box colored pencils - 12 count
1	Box Ziploc bags (gallon) - boys	1	12-inch wood ruler - inch and metric
1	Box Ziploc bags (sandwich or quart) - girls	2	Boxes Crayola crayons - 24 count
1	Pkg. Crayola Classic markers	2	Bottles Elmer’s glue - 8 oz.
1	Kindermat	2	Boxes Kleenex - 200 count
1	Pkg. construction paper (9” x 12”) variety pack	1	Pkg. wide-spaced notebook paper
1	Box Crayola water colors	1	Scissor - Fiskar - sharp point
1	Box crayons	10	Pocket folders - two blue, two green, two yellow, two orange and two red
1	Refill of baby wipes (hand wipes)	5	Spiral notebooks - 70-page - wide-ruled
Kindergarten		1	Pkg. assorted construction paper (9” x 12”) no tablet
8	Glue sticks	1	Pkg. manila paper (9” by 12”)
1	Scissor - Fiskar round-tip	2	Pink Pearl erasers
1	Pkg. construction paper (9” x 12”) variety pack	1	Bottle hand sanitizer
1	Backpack (no wheels) with student’s name on it (large enough to hold papers and library book)	3	Red checking pens
1	Set Crayola brand water color paint - eight colors	1	Box Crayola Classic markers - wide tip
3	Boxes Crayola Classic markers (fat ones)	1	Dozen eraser caps for pencils
1	Pkg. paper bags - girls	No three-ring binders or Trapper Keepers	
1	Box Ziploc quart or gallon bags - boys	Grade four	
8	Boxes Crayola crayons - eight count	1	Supply box - large
2	Boxes Kleenex - 200 count	30	Yellow pencils - No. 2 (no Eagle or mechanical)
1	Pkg. manila paper	1	12-inch ruler - inch and metric markings
No supply boxes		1	Box Crayola crayons - 24 count
Grade one		1	Bottle Elmer’s glue - 8 oz.
2	Spiral notebooks	2	Boxes Kleenex - 200 count
24	Yellow pencils - No. 2	3	Pkgs. wide-spaced notebook paper
2	Bottles Elmer’s glue - 4 oz.	1	Pkg. Crayola fine point markers – eight colors
1	Pink Pearl eraser	1	Scissor - Fiskar sharp point
2	Boxes Crayola crayons - 24 count	10	Pocket folders - with brads (bold)
1	Pkg. Crayola Classic markers (wide tip)	6	Spiral notebooks - 70-page, wide-ruled
1	Scissor - Fiskar	1	Roll paper towels
1	Box Kleenex - 200 count	1	Box colored pencils – 12 count
3	Folders with pockets	1	Bottle waterless hand sanitizer (pump)
1	Composition book with sewn binding (not spiral)	4	Highlighters
1	Pkg. baby wipes	1	Box quart freeze-lock baggies - girls
1	Box Ziploc sandwich bags - boys	1	Box gallon freeze-lock baggies - boys
1	Pkg. Crayola water color paint - eight colors	2	Red pens
1	Pkg. paper plates - girls	2	Glue sticks
1	Pkg. construction paper	1	Individual pencil sharpener (no battery operated)
1	Pkg. lunch-size paper bags	1	Three-ring 1” binder
Grade two		1	Pkg. five-tab dividers
1	Small pencil sharpener and lid	No notebooks or Trapper Keepers	
4	Spiral notebooks - wide-ruled (80 pages)	Grade five	
48	Yellow pencils - No. 2 (no Eagle Brand)	1	Zipper pencil case
2	Boxes Crayolas - 24 count	24	Pencils - No. 2
1	Scissor - Fiskar sharp point	5	Highlighters
2	Boxes Kleenex - 200 count	2	Red checking pens
2	Bottles white school glue - 8 oz.	1	Box colored pencils - 12 count
4	Pocket folders with brads (assorted colors)	1	Three-inch, three-ring binder
1	Wooden 12-inch ruler (centimeters and inches)	1	Box Crayola crayons - 16 count
1	Pkg. construction paper (9” x 12”) assorted colors - no tablets	2	Boxes Kleenex - 200 count
2	Pkgs. Crayola brand markers	1	Pkg. of re-enforcements
1	Backpack	1	Box Crayola brand markers (fine point)
1	Pkg. Ziploc quart freezer bags - boys	5	Folders with three brads and pockets
1	Pkg. baby wipes	2	Pkgs. tab dividers with pockets
2	Pkgs. manila paper (12” x 18”)	5	Spiral notebooks - 70-page
2	Pink Pearl erasers	5	Pkgs. wide-lined paper
1	Pkg. wide-ruled notebook paper	2	Pink Pearl erasers
		1	Glue stick
		1	Roll paper towels
		1	One-inch binder
		No backpacks	



Courtesy photo

Registration time

Becky Taplin, elementary school teacher talks with new students while parents complete registration paperwork.

FSH Elementary school registration

Fort Sam Houston Independent School District prepares to register students new to the installation. The military installations of Fort Sam Houston and Camp Bullis comprise the FSH Independent School District. Children of military personnel residing on these installations are eligible to attend pre-kindergarten through grade 12. The Fort Sam Houston Elementary School includes pre-kindergarten through fifth grade. Registration for new students attending Fort Sam Houston Elementary was held Aug. 9 and 10 but parents that were unable to register on those dates can register Monday through Friday, from 7:30 to 11:30 a.m. and 1 to 3 p.m. The school office will be closed the Monday morning. Parents are requested to bring:

- Immunization records
- Copy of birth certificate
- Social Security Card for the student
- Report card from previous school, if applicable
- Other school records from the previous school, if applicable.

• Proof of residency

Parents with students already residing on the installation should bring a copy of their Lincoln Housing Lease Agreement to registration. Parents with students not currently living on the installation but with an anticipated move-in date during the 2007/2008 school year should contact the Lincoln Housing Office prior to registration to request a permission form be faxed to the FSHISD District Office at 368-8741.

A change in state law allows all pre-kindergarten aged children of active duty military personnel to receive a public school education. Students must be four years old on or before Sept. 1 and all children of active duty military personnel who reside on the installation or will move into housing within the 2007/2008 school year are eligible to attend. District transportation is not provided for pre-kindergarten students.

Children must be five years old on or before Sept. 1 to enroll in kindergarten and six years old on or before Sept. 1 to enroll in first grade.

Fort Sam Houston Elementary prepares for first day of school

Fort Sam Houston Elementary faculty and staff view the first day of school as a celebration of exciting things to come. Teachers, para-educators, secretaries, support staff and administrators have been busy planning for all students to enjoy a successful experience at school. The campus theme, “Discovering the Treasures Within,” focuses on student strengths and expectations, to engage students in the learning process. The administrative team journeyed into neighborhoods to gain first hand knowledge of student expectations to prepare for the year.

The first week of school is spent easing student’s transition from home to school. Several steps will be taken to ensure a successful first experience for all students. Elementary staff members greet the oncoming buses, ready to welcome all students with a wave and a smile. Young students and those new to the school may also be escorted to class.

7:30 a.m. and 3 p.m.

During the first few days, students will take home important information for parents to review and in some cases to return to the school. The Parent-Student Handbook, Student Code of Conduct and Acceptable Use Policy will require parent signatures. Parents and children are encouraged to read and review the important documents together and return the paperwork by the date requested.

The majority of students will ride a bus to school. Students are not allowed to ride a bus other than the one to which they have been assigned. Younger students may not wait for older brothers or sisters to ride a later bus home. Pre-kindergarten students can not ride a school bus to or from school.

Students in kindergarten through sixth grade should not arrive at school before 7:15 a.m. Pre-kindergarten students should not arrive before 7:25 a.m. The Installation provides before- and-after school programs for children. Parents who need this service should call Central Registration.

Pre-kindergarten students will be issued name tags that should be worn everyday. Kindergarten students will be given name tags on the first day of school. Students are asked to wear the name tags at least the first two weeks of school. This will help faculty and staff keep a watchful eye on the young children.

The 2007-2008 school year will be an exciting year as both the school and the community continue to work together. Through the dedicated efforts of the school faculty and staff, quality education for all students will be the utmost priority.

All entrances to the school are supervised so each student will receive a warm and friendly welcome. Students may enter the school grounds through the front of the school or the back entrance bordering Nursery Road. For reasons of safety and security, students may not enter the grounds from Williams Road.

The school gates will be locked every day at 8 a.m. Visitors must check in at the front office. Ramps and wings are painted different colors to help young children locate classrooms.

Parents are encouraged to enroll children before the first day of school to ensure a smooth and successful beginning for each child. New students can register Monday through Friday from

Robert G. Cole Middle School, High School registration

Fort Sam Houston Independent School District prepares to register students new to the installation.

The military installations of Fort Sam Houston and Camp Bullis comprise the FSH Independent School District. Children of military personnel residing on these installations are eligible to attend pre-kindergarten through grade 12.

Cole Middle School includes grades six through eight and Cole High School includes ninth through 12th grade.

In order to better serve parents and students, registration will be conducted with a counselor on an appointment basis. Appointments can be made by calling Robin Meilinger at 368-8775.

Appointments are scheduled in 30 minute increments.

Immunization records, Social Security Card, last report card and school records from the last school attended are required

at registration. Students who attended Fort Sam Houston Elementary School or Robert G. Cole in May 2007 have already been registered and need not re-register unless the pupil was withdrawn at the end of May by his parents or whose parents had not been assigned quarters as of Aug. 27.

Middle School registration dates:

Sixth grade, by appointment
Seventh grade, by appointment
Eighth grade, today
Friday, by appointment only

High School registration dates:

Ninth grade, by appointment
10th grade, by appointment
11th grade, today
12th grade, Friday
Parents who are not able to register their children on those dates may do so on Aug. 27.

Cole football

Cole football players practice for the upcoming season.



Courtesy photo

Robert G. Cole Cougars football schedule

Varsity Team

Date	Opponent	Site	Time
Saturday **	Marion	Home	9 and 10 a.m.
Aug. 23 **	Poth	Away	6 and 7 p.m.
Aug. 31	S.A.C.	Home	7:30 p.m.
Sept. 07	St. Anthony	Home	7:30 p.m.
Sept. 14	Randolph	Away	7:30 p.m.
Sept. 21	Navarro	Away	7:30 p.m.
Sept. 28	Center Point	Home	7:30 p.m.
Oct. 5	Open		
Oct. 12 *	Dilley	Home	7:30 p.m.
Oct. 19 *	Jourdanton	Away	7:30 p.m.
Oct. 26 *	Cotulla	Home	7:30 p.m.
Nov. 2	District – Open		7:30 p.m.
Nov. 9 *	Natalia	Away	7:30 p.m.

Junior Varsity team

Date	Opponent	Site	Time
Aug. 30	S.A.C.	Away	6 p.m.
Sept. 6	St. Anthony	Away	5 p.m.
Sept. 13	Randolph	Home	6 p.m.
Sept. 20	Navarro	Home	6 p.m.
Sept. 27	Center Point	Away	6 p.m.
Oct. 4	Open		
Oct. 11*	Dilley	Away	7:30 p.m.
Oct. 18*	Jourdanton	Home	6 p.m.
Oct. 25*	Cotulla	Away	7:30 p.m.
Nov. 1	Open		
Nov. 8*	Natalia	Home	6 p.m.

* District game, ** Scrimmage

Non-discrimination notices for FSHISD

Fort Sam Houston Independent School District offers career and technical education programs in the Human Services Career Cluster, Marketing, Sales and Service Career Cluster, and the Hospitality and Tourism Career Cluster. Admission to these programs is open to all FSHISD enrolled secondary students and is based on student interest.

It is the policy of Fort Sam Houston ISD not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973, as amended.

It is the policy of Fort Sam Houston ISD to support districts as they provide a free, appropriate education to all students consisting of regular and special education and related aides and services in career and technology education programs that are designed to meet individ-

ual educational needs of disabled persons as adequately as the needs of non-disabled persons are met and are based upon adherence to provisions set forth in 34 CFR 104.33-104.36; 34 CFR 104.31-104.40; (see also standards under V-C, V-D, V-E, V-F, V-G, and V-H).

It is the policy of Fort Sam Houston ISD not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

Fort Sam Houston ISD takes steps to ensure that limited English proficiency is not a barrier to admission or participation in any educational and vocational programs.

For information about a person’s rights or grievance procedures, call Jayne Hatton, associate superintendent, Title IX Coordinator, and Section 504 Coordinator, at Fort Sam Houston ISD, 1902 Winans Road, 210-368-8703.



Sixth grade

- 1 Four-inch binder with pockets
- 2 Three-inch binders with pockets
- 4 Spiral notebooks
- 3 Pkgs. dividers with pockets
- 4 Pkgs. wide-ruled three-ring notebook paper
- 3 Pkgs. tab dividers
- 2 Zippered pencil/pen bags
- 1 Pkg. No. 2 pencils (no mechanical pencils)
- 1 Pkg. blue or black ink pens
- 2 Red grading pens
- 1 Pkg. black dry erase markers
- 1 Pkg. transparent highlighters
- 1 Pkg. colored pencils
- 1 Pkg. Crayola fine point markers
- 1 Pkg. Sharpie markers
- 3 Glue sticks
- 1 Scissors
- 1 Ruler (centimeters/inches)
- 2 Large boxes Kleenex
- 1 Locker shelf (optional)

Seventh grade

- 4 One-inch, three-ring binders
- 1 Two-inch, three-ring binder
- 1 70-page spiral notebook
- 2 150-page spiral notebooks
- 2 Three-subject spiral notebooks
- 1 Homework pocket folder
- 5 Pkgs. wide-ruled, three-ring notebook paper
- 5 Pkgs. tab dividers
- 1 Zippered pencil bag
- 1 Pkg. No. 2 pencils
- 2 Pkgs. blue or black ink pens
- 3 Red grading pens
- 1 Pkg. colored pencils

Robert G. Cole Middle School

Sixth through eighth grade suggested list of school supplies 2007-2008

- 1 Pkg. black dry erase markers
- 3 Glue sticks
- 1 Pkg. transparent highlighters
- 1 Ruler (centimeters/inches)
- 2 Large boxes Kleenex
- 1 Locker shelf (optional)

Eighth grade

- 1 Two-inch, three-ring binder
- 3 One-inch, three-ring binders
- 2 150-page spiral notebooks
- 1 Tablet one-quarter inch graph paper
- 5 Three-pronged folders with pockets
- 5 Pkgs. wide-ruled, three-ring notebook paper
- 3 Pkgs. tab dividers
- 3 Zippered pencil/pen bags
- 1 Pkg. No. 2 pencils
- 2 Pkgs. blue or black ink pens
- 3 Red grading pens
- 1 Pkg. colored pencils
- 1 Pkg. black dry erase markers
- 3 Glue sticks
- 2 Pkgs. transparent highlighters
- 1 Ruler (centimeters/inches)
- 2 Large boxes Kleenex

Optional Items: Students taking Algebra I are encouraged to purchase a TI83+ graphing calculator. If students cannot purchase a personal calculator, one will be issued in class. Locker shelves are optional.

Note: Supplies will need to be replenished during the school year. Elective classes may have additional minimum requirements determined by the nature of the elective. All middle school students will be issued a school locker and allowed to carry a back pack (No wheels).

Robert G. Cole Lady Cougar volleyball schedule

Head Coach: Joella Allen

Date	Opponent	Site	Team(s)	Time(s)
Through Saturday	D’Hanis Tournament	D’Hanis	Varsity	TBA
Tuesday	Karnes City/St. Paul Shriner	Karnes City	Varsity	TBA
Aug. 24	Medina	Cole	Jr. Varsity	5 p.m.
			Varsity	6:30 p.m.
Aug. 28	Harper/Sabinal	Sabinal	Varsity	TBA
Aug. 31	Open			
Sept. 4	Medina	Medina	Jr. Varsity	5 p.m.
			Varsity	6 p.m.
Sept. 7*	Natalia	Cole	Freshmen	5 p.m.
			Jr. Varsity	5 p.m.
			Varsity	6 p.m.
Sept. 8	Utopia Tournament	Utopia	Varsity	TBA
Sept. 11	Keystone	Cole	Freshmen	4:30 p.m.
			Jr. Varsity	5:30 p.m.
			Varsity	7 p.m.
Sept. 14*	Cotulla	Cole	Freshmen	4 p.m.
			Jr. Varsity	4 p.m.
			Varsity	5 p.m.
Sept. 18*	Dilley	Dilley	Freshmen	5 p.m.
			Jr. Varsity	6 p.m.
			Varsity	7 p.m.
Sept. 21*#	Gervin Academy	Gervin	Varsity	5 p.m.
Sept. 25*	Jourdanton	Cole	Freshmen	5 p.m.
			Jr. Varsity	6 p.m.
			Varsity	7 p.m.
Sept. 28*	Cotulla	Cotulla	Freshmen	5 p.m.
			Jr. Varsity	5 p.m.
			Varsity	5 p.m.
Oct. 2*	Natalia	Natalia	Freshmen	5 p.m.
			Jr. Varsity	5 p.m.
			Varsity	6 p.m.
Oct. 5	Canyon Lake	Canyon Lake	Jr. Varsity	6 p.m.
			Varsity	7 p.m.
Oct. 9*	Hawkins	Cole	Jr. Varsity	5 p.m.
			Varsity	6 p.m.
Oct. 12*	Dilley	Cole	Jr. Varsity	4 p.m.
			Varsity	4 and 5 p.m.
Oct. 16**	Hawkins	Hawkins	Jr. Varsity	5 p.m.
			Varsity	6 p.m.
Oct. 19*	Jourdanton	Jourdanton	Freshmen	5 p.m.
			Jr. Varsity	5 p.m.
			Varsity	6 p.m.
Oct. 23*	Gervin Academy	Cole	Varsity	5 p.m.
Oct. 26*				

Playoffs Begin

* District games, ** Senior parents night, # Homecoming

Drop off, pick up procedures ensure student safety

Increases in enrollment, changes in transportation and structural issues in the front parking lot of the school require procedures to ensure students arrive and leave school safely.

Almost all students riding a school bus will be dropped off and picked up at the front of the school, with the exception of the special education buses. All students dropped off or picked up by privately owned vehicles will do so at the back parking lot of the school.

Elementary staff have established some simple drop off and pick up guidelines for parents. Two lanes exist to drop off and pick up students. There is no parking in this area. Adults should not leave their vehicle unattended. An adult will escort children to and from the car. Students will not be released to parents at the gates.

Two gates provide entrance and exit to the school grounds. The first gate will be for students kindergarten through fifth grade for morning drop off and pick up (brothers, sisters and others riding in car pools will be in line together). The middle gate will be used for pre-kinder-

garten students, siblings or others in a car pool.

Drop off

Parents dropping children off at school will drive through one of two lanes in the designated area. Staff will be on hand to direct children to the appropriate gate. Pre-kindergarten children have a designated, color-coded line where they will join their teacher. Pre-kindergarten teachers will check to see that every child is accounted for and remains in the designated safe zone.

Pick up

If a pre-kindergarten child has a sibling in kindergarten through fifth grade, they will stand together in the designated pre-kindergarten safe zone to await parent arrival. All other kindergarten through fifth grade students will stand in designated lines. We will ask brothers and sisters or those riding with one adult to stand in the line together to expedite pick up.

Securing the school grounds

The back gates will be kept locked during the school day. The gates will be unlocked for student arrival and dismissal. Gates will be unlocked at 7:15 a.m. The first bell rings at 7:45 a.m. Students arriving in homeroom classes after 7:50 a.m. are considered tardy and must be signed in at the front office by a parent. Students who have not been picked up immediately following the 3 p.m. dismissal will be taken to the front office. Parents picking up a child late must sign the child out in the school office. At all times throughout the day, parents must sign in and out in the front office. These procedures are in place for the safety of the children.

Parents are asked to be patient as the school staff learns which children will ride together. Parents can help by asking children to join each other in the line on the ramp. It is expected to take about a week to get everyone in the routine for these procedures.

Back to school safety tips

The school year will begin in the next few weeks not only for the Fort Sam Houston community, but for all of the San Antonio and surrounding areas. As a safety reminder everyone is cautioned to be on the lookout for children and traffic near schools and crossings.

Drivers are reminded that the speed limit in school zones is 20 mph. Slow down and be mindful that there are more pedestrians and bicyclists. Exercise caution in areas without sidewalks.

Be aware of what is behind the vehi-

cle before backing. Stay alert near bus stops. Know what the flashing lights mean.

- Yellow flashing lights means the bus is preparing to stop to load or unload children.
- Red flashing lights and an extended stop arm, warns drivers to stop at least 20 feet from the bus when behind or meeting. The only time stopping is not required is on the other side of a divided highway.

Parents are advised to choose the safest route between home and school. Inspect bicycles to ensure they are

mechanically safe. Provide protective helmets and reflective equipment. Ensure children knows safety rules of the road before pedaling off to school.

Vehicles are reminded to stop between 10 and 30 feet from the school crossing when a crossing guard directs. All passengers in vehicles are required to wear seatbelts.

When riding the bus, have a safe place to wait for bus, away from traffic. Stay clear of bus until it comes to a complete stop and the driver signals when it is safe to enter the bus. Always use the handrail to enter and exit the bus.

Be sure drawstrings and straps do not get caught on handrail or in doors of the bus when exiting. Once out of the bus take five big steps away from the bus. If something is dropped near the bus, always tell the bus driver. Do not attempt to pick up the item without informing the driver.

In addition to school hours, schools, playgrounds and parks can be busy with kids involved in sports, extended academics, scouting and other special events both evenings and weekends. Always be careful when driving near and around school grounds.

Fort Sam Houston ISD bus schedule

Area Stops	Route # a.m. and p.m.	Elementary K - 5	Middle School 6 - 8	High School 9 - 12
Forbush Rd. & Kimbro Cr. Forbush Rd. between Farr Cr. & Meeks Cr. McMurray Rd. & Decker Cr. McMurray & Buckner Ct. McMurray & Frazier Rd. McMurray & Johnston Cr. McMurray & Rodrigues Cr. Arrive at School	1, 2, 3	7:15 a.m. 7:17 a.m. 7:18 a.m. 7:20 a.m. 7:21 a.m. 7:23 a.m. 7:24 a.m. 7:31 a.m.	Students walk to and from School	Students walk to and from School
Chaffee & Taylor Chaffee Shelter # 2522 Chaffee (Qtrs 854) Chaffee Shelter # 1221 Arrive at School	4	7:18 a.m. 7:19 a.m. 7:20 a.m. 7:21 a.m. 7:27 a.m.	7:34 a.m. 7:35 a.m. 7:37 a.m. 7:38 a.m. 7:51 a.m.	7:37 a.m. 7:39 a.m. 7:42 a.m. 7:43 a.m. 8 a.m.
Marvin R. Wood 2720 Marvin R. Wood 2870 Marvin R. Wood (Qtrs 3071) Arrive at School	5	7:22 a.m. 7:24 a.m. 7:26 a.m. 7:30 a.m.	7:40 a.m. 7:41 a.m. 7:42 a.m. 7:51 a.m.	7:45 a.m. 7:46 a.m. 7:48 a.m. 8 a.m.
Garden Ave. & Birkhead Dr. Garden Ave & Playground 3222 Ingram Path & Walter T. Bahl Walter T. Bahl & Birkhead Dr. Arrive at School	6	7:14 a.m. 7:16 a.m. 7:17 a.m. 7:19 a.m. 7:24 a.m.	7:30 a.m. 7:33 a.m. 7:34 a.m. 7:37 a.m. 7:48 a.m.	7:35 a.m. 7:36 a.m. 7:37 a.m. 7:38 a.m. 7:53 a.m.
Patch Rd. & Foulois Pass Patch Rd. & Birkhead Dr. Forage Ave. & Birkhead Dr Forage Ave. & Foulois Pass Arrive at School	7	7:19 a.m. 7:20 a.m. 7:21 a.m. 7:23 a.m. 7:28 a.m.	7:30 a.m. 7:31 a.m. 7:32 a.m. 7:34 a.m. 7:44 a.m.	7:35 a.m. 7:37 a.m. 7:38 a.m. 7:39 a.m. 7:49 a.m.
Guest House & Fisher House FSH Campground Arrive at School	a.m. only Elem Middle Cole	7:20 a.m. 7:25 a.m. 7:30 a.m.	7:20 a.m. 7:25 a.m. 7:35 a.m.	7:20 a.m. 7:25 a.m. 7:40 a.m.
Guest House & Fisher House FSH Campground	p.m. only	Route 8	Route 8	Route 8
Infantry Post Arrive at School	8	7:15 a.m. 7:27 a.m.	7:38 a.m. 7:52 a.m.	7:45 a.m. 8 a.m.
S16W & Graham Graham & New Braunfels Artillery Loop (Qtrs 176) Artillery Post (Qtrs 165) Artillery Post (Qtrs 101) Artillery Post (Qtrs 109) Artillery Post (Qtrs 115) Staff Post Road & Stanley Staff Post Road (Qtrs 13) Hancock Road (Qtrs 2283) Arrive at School	9	7:01 a.m. 7:02 a.m. 7:04 a.m. 7:05 a.m. 7:06 a.m. 7:07 a.m. 7:08 a.m. 7:09 a.m. 7:12 a.m. 7:16 a.m. 7:30 a.m.	7:35 a.m. 7:36 a.m. 7:37 a.m. 7:38 a.m. 7:39 a.m. 7:40 a.m. 7:41 a.m. 7:45 a.m. 7:46 a.m. 8:06 a.m.	7:35 a.m. 7:36 a.m. 7:37 a.m. 7:38 a.m. 7:39 a.m. 7:40 a.m. 7:41 a.m. 7:45 a.m. 7:46 a.m. 8:11 a.m.
Gorgas Circle (Qtrs 1016) Gorgas Circle (Qtrs 1009) Graham & Worth Graham & Harney Graham & Schofield Graham & H. T. Allen (Shelter) Arrive at School	10	7:14 a.m. 7:15 a.m. 7:18 a.m. 7:19 a.m. 7:20 a.m. 7:21 a.m. 7:30 a.m.	7:43 a.m. 7:44 a.m. 7:45 a.m. 7:46 a.m. 7:47 a.m. 7:48 a.m. 8:08 a.m.	7:43 a.m. 7:44 a.m. 7:45 a.m. 7:46 a.m. 7:47 a.m. 7:48 a.m. 8:13 a.m.
Students need to be at their bus stop prior to the schedule time. Middle and High School dismissal time is 3:50 p.m.				
Bus schedule subject to change				

Be safe at school, home

Another school year will begin on post Aug. 27 and rest assured Fort Sam Houston Police will be enforcing the 20 mph speed limit in the school zones. Obey the posted speed limit and keep an eye out for children.

In 2006, Fort Sam Houston Police issued over 3,700 tickets, with one-third of them for speeding. Also, keep in mind that passing a school bus when it is loading or unloading is illegal and drivers can be fined a minimum of \$200.

According to Installation Policy Statement #34, children nine years and younger should never be left unsupervised, either at home, on a playground or in a vehicle, unless there is a responsible person present and designated to supervise children. Babysitters must be at least age 13 or older and are encouraged to complete the American Red Cross Babysitter Training course or other appropriate training. Children 10 to11 years old can be left alone for a short period of time, about one to two hours, during daylight hours only. A 12 year old may be left alone for up to four hours, again during daylight hours only and should check in with a responsible adult at least once during this time period. Children 13 to 14 years can be left alone for about eight hours during the daytime or early evening hours.

Plan a safe route to the bus stop or school. Choose the quickest way with the fewest street crossings and cross only at intersections. Stay away from parks, vacant lots, fields and other places where it appears to be deserted. Whenever possible, walk to and from the bus stop or school with a friend, neighbor, brother or sister. Ensure that children know their bus number and their bus stop. Every school year, panicked parents contact police because their child got off at the wrong stop.

Teach children their home phone number with area code and address; also work or cell numbers of parents or those of another trusted adult. Be sure children know how, and when, to use 911.

Children, whether walking to the bus stop or riding the bus to school, need to know that they must obey all traffic signs, bus drivers and teachers. Remind them to be extra careful in rainy, foggy or snowy weather.

If a child misses school or is picked up early and he or she attends an after-school program; call the program staff to let them know the child will not be there. Each year police are called by staff members with concerns that a child could be missing.

Never talk to strangers or accept rides or gifts from strangers. Remind a child that a stranger is anyone that the parent or child does not know well.

If children are home alone for a few hours after school, be sure to set rules for locking doors and windows and answering the door or telephone. Talk about activities a child can or cannot do while home alone, such as using the computer or stove. Have children check in with a parent or a neighbor immediately after school. Agree on rules for inviting friends over and for going to a friend’s house when adults are not at home.

Most importantly, take time to listen carefully to children’s fears and feelings about people or places that scare them or make them feel uneasy. Tell them to trust their instincts. Take complaints about bullies and other concerns seriously.

(Source: Fort Sam Houston Provost Marshal Office)

Community Recreation

Hunting permits on sale

Gun hunting permits will be available for purchase Friday at the Camp Bullis Outdoor Recreation Center. For more information, call 295-7577.

3-D Archery Shoot

The next 3-D archery shoots will be Aug. 25 and 26 with registration from 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards will be presented to the top three in each class. The cost is \$15 per person on Saturday and \$15 per person on Sunday for competitive and \$10 for non-competitive shoot. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Outdoor Pool is open

The Aquatic Center is open daily from 12 to 8 p.m. through Sept. 3. For more information, call 221-4887 or 221-1234.

Golf Course, 222-9386

Warrior’s Monthly Scramble tournament

Register up to four players to participate in the Warrior’s Monthly Scramble held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be held Sept. 7 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information, call the Golf Club’s Pro Shop at 222-9386.

Labor Day Golf Tournament

The Golf Club will host the annual Labor Day Tournament Aug. 31 from 1 to

5:30 p.m. The cost to enter is \$30 for non-members and \$20 for members, and includes green fees, carts, awards and a banquet. Form your own team for this four-person scramble. Prizes will be awarded at the banquet following the tournament. For more information, call 221-4388.

Bowling Center, 221-3683

National Bowling Week

The Fort Sam Houston Bowling Center will host National Bowling Week Aug. 25 through 31. Dollar Day Scratch-Off begins Aug. 25, the first 100 customers will receive a scratch-off card and a chance to win other prizes such as movie tickets, music downloads, MP3 players and much more. Unit Challenge Night will be held Aug. 28. Register for drawings to be held on Friday for a variety of prizes. During 9-Pin No Tap Day Aug. 30, if 300 is scored, the bowler can enter into a drawing for a \$200 Army and Air force Exchange Service gift card. The grand finale of the week will be Aug. 31 with an opportunity to win scratch-off cards and other prizes. Scratch-off cards are available while supplies last.

Dining and Entertainment

Sam Houston Club, 224-2721

Super TGIF

A special hamburger bar TGIF will be held Friday at 4:30 p.m. at the Sam Houston Club. Stop by and enjoy free food, cold drinks and entertainment. For more information, call 224-2721.

Family-Style Sunday Brunch

Sunday Brunch will be held Sunday from 10 a.m. to 1:30 p.m. at the Sam Houston Club for the entire Family. Features include a chocolate fondue station, complimentary



Photo by Kathrine Maple

Cottages available at Canyon Lake

The new cottages at the Fort Sam Houston Recreation Area at Canyon Lake are now available for public use. Reservations are being taken for these new 1,200-square-foot facilities. The new three bedroom cottages are fully furnished and equipped with central heating and air conditioning, a barbecue pit and kitchen with appliances. Each cottage has a parking space, front porch and picnic table. For more information or to make a reservation, call 830-226-5357 or 888-882-9878.

champagne and an international food station. For more information, call 224-2721.

Harlequin Dinner Theatre, 222-9694

The Arthur Long comedic production “Never Too Late” will be presented at the Harlequin Dinner Theatre through Saturday. Performance tickets are \$24.95 for Wednesdays and Thursdays and \$27.95 for Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information,

call 222-9694.

MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted tickets for Splashtown. The tickets are \$8 for daily entrance. Discounted tickets for SeaWorld, as well as many other attractions, are also available. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit www.portsamhoustonmwr.com or call 221-1663 or 224-2721.

Great Getaways Sweepstakes

Register for a chance to win an all-inclusive grand prize vacation package for two at one of four Armed Forces Recreation Centers. The sweepstakes is open to service members, retirees, Department of Defense civilians and their Families, age 18 and older, through Aug. 31. For more information or to enter, visit <http://www.afrcresorts.com/sweepstakes>.

Child and Youth Services

Before, after school program

Central Registration is registering for the before and after school program for School Age Services and Youth Services Middle School. Patrons must be registered users. To register patrons must provide a leave and earnings statement, spouse’s W-2 form (without income verification, patrons will be placed in the highest category), updated shot records, two local emergency designees, child’s Social Security number, health assessment for kindergarten through fifth grade and \$18 registration fee. Central Registration is located at Building 2797.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871.

CDC Pre-K Program

Registration for the Child Development Center Pre-K program will be held Tuesday at Central Registration, Building 2797. Patrons must be a registered user and space is limited. To register, patrons must provide a leave and earnings statement, spouse’s W-2 form, updated shots records, two local emergency designees, child’s Social Security number, health assessment and \$18 registration fee.

FCC providers

Family Child Care is seeking Family Members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed weekdays from 8 a.m. to 4:30 p.m. at Child and Youth Services Central Registration, Building 2797.

Sport physicals

Patrons interested in summer and fall sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Sport physicals must be valid for the

entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

SKIES Unlimited classes

The Child and Youth Services SKIES Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month’s fee is due at time of registration at Building 2797. For more information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630; or call 221-1723 or 221-4871.

PCI, Head Start applications available

Parent Child Incorporated and Head Start is currently accepting applications. This is a free childcare program for Families that meet federal guidelines. For more information, call 221-3788.

Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



Events

REALifelines Program

The Recovery and Employment Assistance Lifelines Program provides individualized counseling, employment services and job training information for seriously injured and wounded veterans and their Families at Brooke Army Medical Center. For more information or to make an appointment, call Jerome Studivant Jr. at 295-8600.

Medina River Park walk

The Selma Pathfinders Volksmarch Club will host a 10K and 5K walk Saturday, from 8 a.m. to 1 p.m. at the Medina River Park Office, 15890 Texas Highway 16 South. For more information, call Phyllis Eagan at 496-1402.

Cowboy Homecoming celebration

The city of Pleasanton, known as the birth-place of the cowboy, will celebrate the 42nd Annual Pleasanton Cowboy Homecoming Celebration Friday and Saturday. The festivities begin Friday with a cowboy breakfast at 6:30 a.m., activities throughout the day and a rodeo at 8 p.m. A parade will be held Saturday at 10 a.m. through downtown Pleasanton. Pleasanton is located about 30 miles south of San Antonio, off Interstate Highway 37 and U.S. Highway 281.

Mandatory Newcomers’ Extravaganza

The Fort Sam Houston Newcomers’ Extravaganza is conducting a mandatory orientation for all permanent party in-processing Soldiers, Lieutenant Colonel and below Tuesday from 9:30 to 11 a.m. at the Sam Houston Club, Building 1395, Chaffee Rd. For more information, call Army Community Service at 221-2705 or 221-2418.

Children’s Story Time

The NCO Wives’ Club will host a children’s story time at the Keith A. Campbell Memorial Library Aug. 25 and Sept. 1 at 3 p.m. The library is located at 2601 Harney, on the corners of Harney at Chaffee. For more information, call Jennifer Koranyi at 437-2788 or e-mail jennykor@aol.com.

Girl Scouts’ pool party

The Girl Scouts of Southwest Texas invites

girls of all ages and their parents to attend the Cole Service Unit Girl Scouts pool party Aug. 25 from 1 to 4 p.m. at the Fort Sam Houston outdoor pool. Reservations are required by Monday. For more information, call Teresa Clark at 349-2404 ext. 217, or e-mail tclark@sagirlscouts.org.

Spouses Club Welcome Coffee

The Spouses Club will hold their annual Welcome Coffee Aug. 28 from 11 a.m. to 1 p.m. at the AMEDD Museum. All spouses of active, retired, Reserve or National Guard officer, enlisted and Department of Defense Civilian employees, including all level General Schedule employee spouses of the Fort Sam Houston Area are welcome to attend. For more information, call Marcella at 677-5187 or e-mail Marcellag0642@aol.com.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre will present “Last of the Red Hot Lovers,” a comedy by Neil Simon Sept. 5 through Oct. 6. Prices for tickets are \$28 on Wednesdays and Thursdays, \$31 on Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is open from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. For more information or reservations, call 222-9694.

Army 101

Army 101 teaches acronyms, rank structure, chain of command, community resources, customs and courtesies and much more. The two-day course will be held Sept. 10 and 11 from 9 a.m. to 2:30 p.m. at the Army Community Service. For more information and to register, call 221-0946.

Vet treatment facility

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations by appointment for privately owned animals. Walk-ins are seen on a space-available basis. Post registration may be done on a walk-in basis; call ahead of time to ensure the clinic is open and have the proper paperwork necessary. Pet care products are available for purchase Monday through Friday from 8 a.m. to 4 p.m. The clinic does not provide boarding or grooming services. Sick call and vaccinations are scheduled by appointment only. Clinic appointment hours are Monday through Wednesday from 8:30 a.m. to 3

p.m. for veterinarian appointments and vaccinations; Thursdays and Fridays from 8:30 to 11:30 a.m. are for vaccinations only. For more information or to schedule an appointment, call 295-4260 or 295-4265.

Meetings

Disabled American Veterans meeting

The Disabled American Veterans Alamo Chapter #5 and Auxiliary Unit #5 will hold a meeting Saturday at 10 a.m. at the Rolling Oaks Christian Church, 7150 Stahl Rd. located at Loop 1604 at Nacogdoches Rd. behind Wal-Mart. For more information, call Albert Erazo at 651-7303 or Duke Hendershot at 830-624-1949.

NCO Wives Club

The Non-Commissioned Officers Wives Club will host an August social Tuesday at 11 a.m. at the Luby’s on I-35 and Walzem. Members and non-members are invited. Membership is open to ranks E-4 and above. For more information and carpooling, call Jennifer Koranyi, 437-2788, or e-mail to jennykor@aol.com.

NSAMC Summer membership drive

Sergeant Audie Murphy and Sergeant Morales Club members are invited to join the local Sergeant Major of the Army Leon Van Autreve Chapter. The chapter welcomes inducted and honorary members. For more information, call 332-0722 or 221-9925.

Training

Personal development training

This three-day course teaches personal development topics; including communication skills, stress management, personality traits, team dynamics, creative problem solving, Family Readiness Groups, personal conflict management and more. Classes will be held Wednesday, Aug. 23 and 24, from 9 a.m. to 2 p.m. at the Army Community Service Building. For more information or to register, call 221-0946.

University of the Incarnate Word

A representative from the University of the

Incarnate Word will be on site every other Monday from 10 a.m. to 4 p.m. at the Fort Sam Houston Education Center, Building 2248. Come learn the benefits of a UIW’s adult degree completion program and Universe Online. There is a discount for active and retired military, college credit for military training, evening classes online, eight week accelerated terms and four convenient locations in San Antonio. For more information, call Vanessa Carrasco, University of the Incarnate Word, Extended Academic Programs, at 829-2769 or e-mail vcarrasc@uiwtx.edu.

Instructor Training

This three day prep course to becoming an Army Family Team Building Instructor will be held Sept. 6 and 7, from 5 to 9 p.m. and Sept. 8, from 8 a.m. to 4 p.m. at the Army Community Service. All classes must be completed in order to obtain your Instructor Certificate. For more information and to register, call 221-0946.

Army’s funded Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. The program is open to commissioned officers with rank of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active Federal service at the time legal training begins. Applicants must send requests through command channels, to include the officer’s branch manager, at Army Human Resources Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, Va 22209-2194, before Nov. 1. For more information, call the local Staff Judge Advocate.

Recruitment for Warrant Officers

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Kentucky will brief on qualification and application procedures to interested applicants Aug. 27, 29 and 30 at 9:30 a.m. and 1:30 p.m.; Aug. 28 and 31 at 9:30 a.m. at the Army Community Service Building. For more information, call SFC Sims at 221-0951 or CW4 Carlos Negron at 502-626-0458 or e-mail carlos.negron@usarec.army.mil.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on



Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

For Sale: Three-in-one Winnie the Pooh crib, white, with mattress, \$125. Call 357-2447 or 662-7663.

For Sale: Boxer puppy, six months old, male, includes kennel, Frontline, Hartguard, all records and all belongings, AKC, \$300 obo. Call Dora at 632-015.

For Sale: Jazzy motorized wheelchair with detachable foot rest and instruction booklet, \$1,000. Call 661-3765.

For Sale: King size brass head and foot board, excellent shape, \$300. Call 462-9583 leave message.

For Sale: Everlast punching bag, 50 pounds, with stand, \$100 obo; Hewlett Packard computer monitor 15-inch, \$40; Kenwood auto CD changer, \$50. Call Marilyn at 822-9491.

For Sale: 2000 Wilderness Fleetwood travel trailer, 31 feet, bumper pull with super slide couch and table, queen bedroom in front with bunk beds in rear, \$13,000 obo. Call 380-4245 or 830-708-4863.

For Sale: Dining set solid oak pedastel table, 48-inch round

extends to 66-inch oval with 18-inch leaf, includes six chairs, medium finish, \$400. Call Anne or Steve at 945-8577.

For Sale: 2006 Buell Blast Motorcycle, 107 miles, black and silver, \$3,900. Call 507-2612.

For Sale: 2003 Harley Davidson FXDL low rider, wind screen and bags, excellent condition. Call 215-4712.

For Sale: 2007 Suzuki Burgman 400 Scooter, auto 400cc engine, 600 miles on it and gets up to 50 mpg, \$5,600. Call 538-8146 leave message.

For Sale: Girls twin cottage sleigh bed with matching dresser and night stand, \$300 obo; girls size 16 dresses, \$15; ladies size 10/12 semi formals and suits, \$25. Call 826-0882.

For Sale: Beagles, male 18-months and female three years, \$95 each; Pet Net adjustable barrier for vehicle, \$35; dormitory/apartment refrigerator, \$85; Boston terrier-mix puppy, \$95; Harley Boots size 8.5, \$45. Call 633-3859.

For Sale: Left handed golf clubs 1-3-5 wood, 3-9 pitching

wedge with bag, \$150; portable tube tester, \$15; amateur and short wave receiver, \$35; Icon two meter transceiver HAM radio, \$175. Call 227-6590 leave message.

For Sale: Bedroom set with head board, foot board, chest of drawers, dresser with mirror and night stand, \$350; 1986 Mustang GT needs work, \$800. Call 946-6650.

Moving Sale: Saturday and Sunday, from 8 a.m. to 1 p.m. at 6193 Jackies Farm. PCS'ing overseas and everything must go, any questions e-mail nrgar0916@yahoo.com.

Wanted: A small motor home or trailer, 24 to 30 foot, self contained, suitable for one person. Call 646-5898 or e-mail wrwake@armyresidence.net.

Found: Cat in the Gorgas Circle housing area. Call 861-5692 and provide description.

Free to Good Home: Kittens, nine weeks old, litter trained and eating solid food, good with children. Call Becky or Pat 254-9803.